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PILLSBURY CLASSIC® COOKBOOKS #317

SEPTEMBER 2007 CASSEROLES & SLOW COOKER

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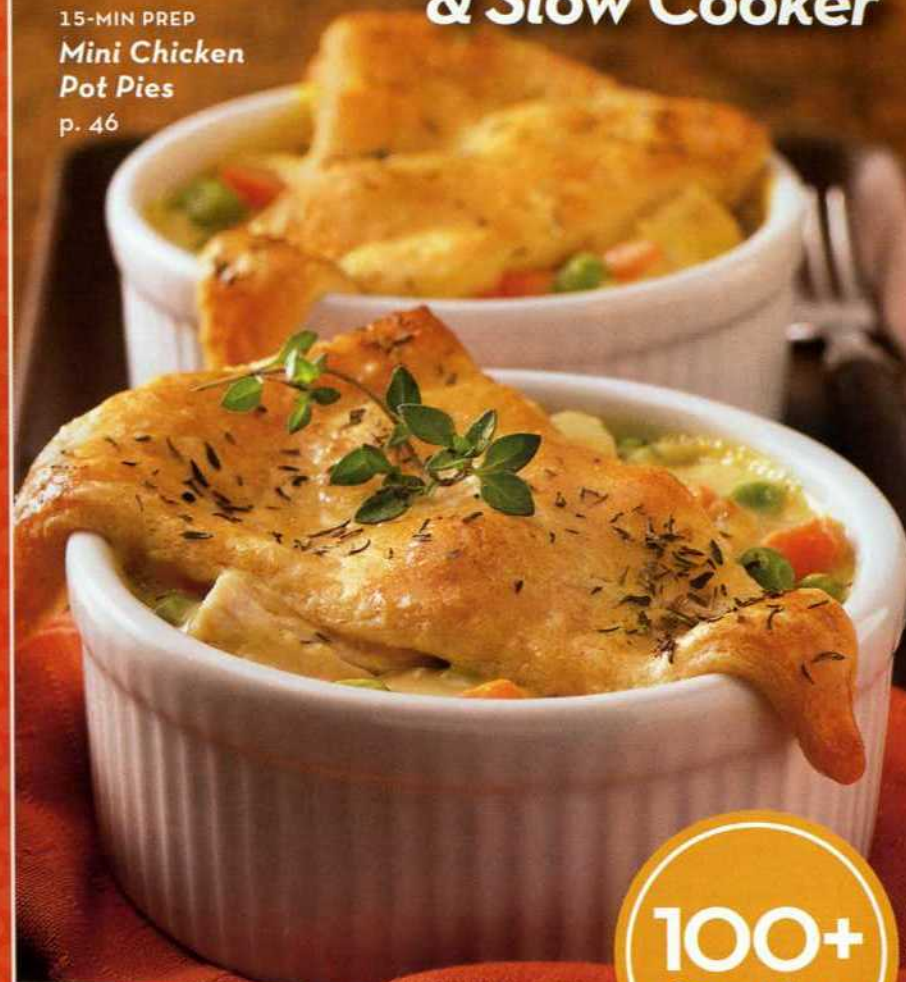
PHOTO
of EVERY
RECIPE

Casseroles & Slow Cooker

15-MIN PREP

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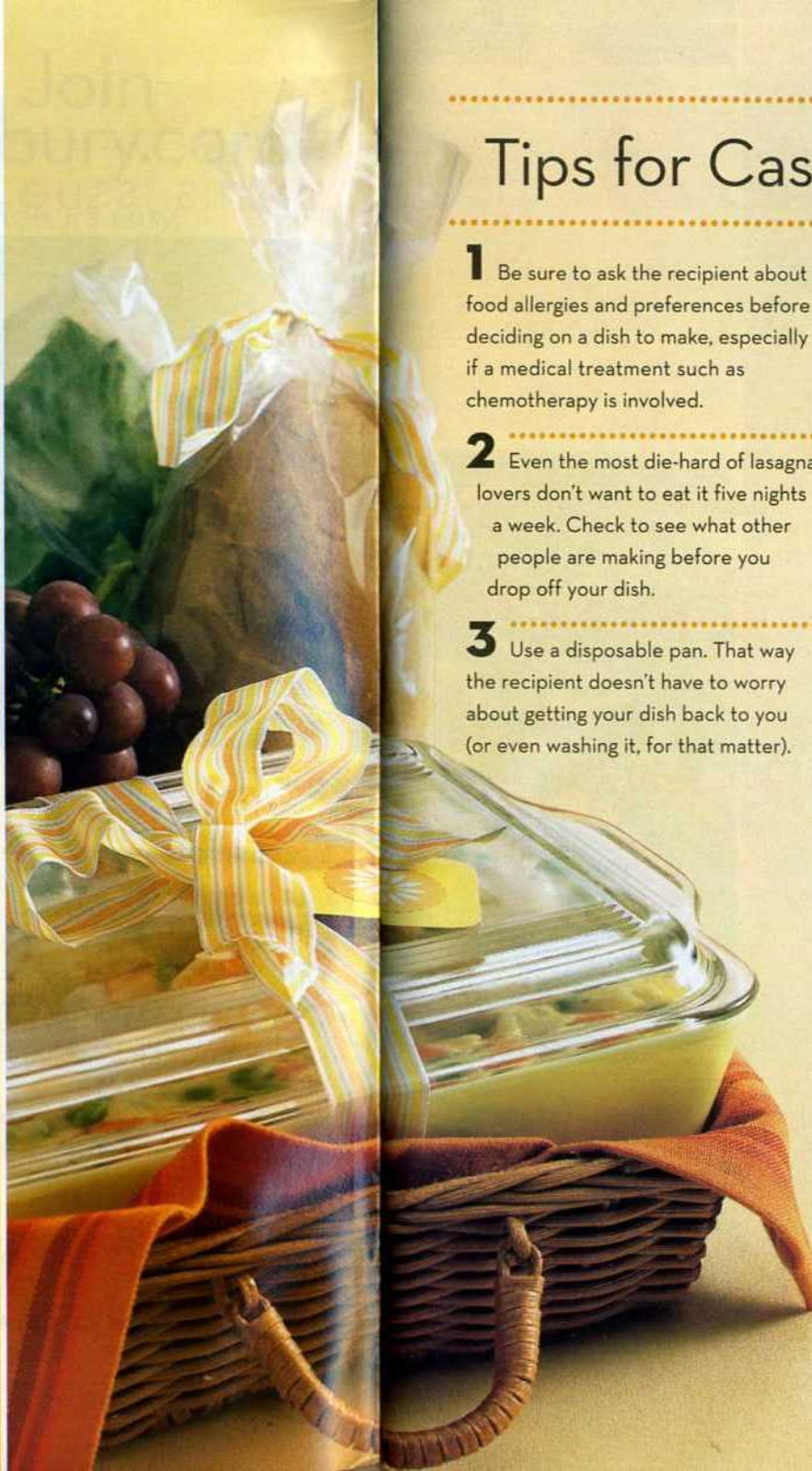
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Casseroles with Care

When it comes to foods with cure-all reputations, chicken soup gets all the press, but it's time the casserole got some attention.



Tips for Casserole Giving

- 1** Be sure to ask the recipient about food allergies and preferences before deciding on a dish to make, especially if a medical treatment such as chemotherapy is involved.
- 2** Even the most die-hard of lasagna lovers don't want to eat it five nights a week. Check to see what other people are making before you drop off your dish.
- 3** Use a disposable pan. That way the recipient doesn't have to worry about getting your dish back to you (or even washing it, for that matter).
- 4** Stick a label on the dish that identifies the ingredients of the recipe and include reheating instructions for the casserole. In general, allow extra bake time to a casserole that has been made ahead and refrigerated, or frozen. Casseroles are done when heated through and bubbly around the edges. Also, some casseroles improve in flavor and texture if allowed to stand five to ten minutes before serving.
- 5** Do not overcook foods, like pasta or rice, for casseroles that are made ahead because they will cook more when reheated.
- 6** Most casseroles will keep up to two days in the refrigerator.
- 7** Have the recipient keep a cooler in their garage so you can leave the dish without inconveniencing anyone.
- 8** For someone who is going through an extended illness, set up a calendar online and encourage coworkers or friends to sign up to drop off food.
- 9** Go the extra mile and round out the meal with purchased side dishes such as bagged salad and bottled dressing, fresh fruit, bread, cookies or bars. Fresh flowers or a magazine is a nice touch, too.

1

FAVORITE FLAVORS

*New takes on
familiar tastes*

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- 7 Green Bean and Chicken Casserole
- 9 Chipotle Rice Casserole
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Buffalo Chicken Casserole

PREP TIME: 25 MINUTES START TO FINISH: 55 MINUTES 4 SERVINGS (1½ CUPS EACH)

- ½ cup uncooked regular long-grain white rice
- 1 cup water
- 1 tablespoon olive or vegetable oil
- 1 lb boneless skinless chicken breasts, cut into thin strips
- 2 medium stalks celery, thinly sliced (1 cup)
- 1 can (14.5 oz) stewed tomatoes, undrained
- ½ cup buffalo wing sauce
- ¼ cup blue cheese dressing

1 Cook rice in water 20 minutes as directed on package. Meanwhile, heat oven to 350°F. In 12-inch skillet, heat oil over medium-high heat. Add chicken and celery; cook 5 to 7 minutes, stirring frequently, until chicken is no longer pink in center. Remove from heat. Open can of tomatoes; cut up tomatoes in can. Stir tomatoes and wing sauce into chicken mixture.

2 Spray 8-inch square baking dish with cooking spray. Spoon cooked rice into dish. Spread chicken mixture over rice (do not stir).

3 Bake 25 to 30 minutes or until hot in center. Drizzle dressing over top.

HIGH ALTITUDE (3500-6500 FT): Bake 30 to 35 minutes.

PER SERVING: Calories 380; Total Fat 16g; Sodium 1910mg; Dietary Fiber 1g

EXCHANGES: ½ Starch, 1 Other Carbohydrate, 1 Vegetable, 3½ Very Lean Meat, 3 Fat
CARBOHYDRATE CHOICES: 2

Serve this casserole with a *bowl of crumbled blue cheese* so guests can sprinkle some on top if they like.

TIP

Turn up the heat by adding 1 teaspoon red pepper sauce to the buffalo wing sauce.

Green Bean and Chicken Casserole

PREP TIME: 10 MINUTES START TO FINISH: 55 MINUTES 4 SERVINGS

- 1 can (10¾ oz) condensed cream of chicken soup
- ¼ cup milk
- 1 cup herb-seasoned stuffing crumbs
- ¼ cup butter or margarine, melted
- 4 boneless skinless chicken breasts (about 1¼ lb), cut into 1-inch-wide strips
- 2 cups Green Giant® frozen cut green beans, thawed

1 Heat oven to 350°F. Lightly spray 11x7-inch glass baking dish with cooking spray. In small bowl, mix soup and milk until well blended. In another small bowl, mix stuffing crumbs and melted butter.

2 In baking dish, layer chicken, green beans, soup mixture and stuffing mixture.

3 Bake uncovered about 45 minutes or until chicken is no longer pink in center and mixture is hot and bubbly.

HIGH ALTITUDE (3500-6500 FT): Heat oven to 375°F. Bake uncovered 40 to 45 minutes.

PER SERVING: Calories 450; Total Fat 23g; Sodium 1000mg; Dietary Fiber 2g

EXCHANGES: 1½ Starch, 1 Vegetable, 4 Very Lean Meat, 4 Fat
CARBOHYDRATE CHOICES: 1½

A fruit salad with *poppy seed dressing* would complement this casserole.

TIP

For a taste of Thanksgiving, add ½ teaspoon ground sage to the soup mixture.



For more spice, add
1/2 teaspoon of the
adobe sauce from the
chipotle chiles.



Chipotle Rice Casserole

PREP TIME: 35 MINUTES START TO FINISH: 1 HOUR 10 MINUTES 4 SERVINGS (1 1/2 CUPS EACH)

- 1/2 cup uncooked regular long-grain white rice
- 1 cup water
- 1 jar (7.25 oz) roasted red bell peppers, drained, cut into 1/2-inch pieces
- 1 can (15 oz) Progresso® black beans, drained, rinsed
- 1 can (11 oz) Green Giant® Mexicorn® whole kernel corn with red and green peppers, drained
- 1 can (14.5 oz) diced tomatoes, drained
- 1 tablespoon chopped fresh cilantro
- 1 tablespoon canned chipotle chiles in adobo sauce, chopped
- 1 cup shredded pepper Jack cheese (4 oz)

- 3 tablespoons vegetable oil
- 1/4 cup all-purpose flour
- 1 cup milk
- 1/2 cup chicken broth
- 1 teaspoon ground cumin
- 1 teaspoon garlic salt
- 2 plum (Roma) tomatoes, sliced

1 Cook rice in water as directed on package. Meanwhile, heat oven to 350°F. Lightly spray 8-inch square (2-quart) glass baking dish with cooking spray. In large bowl, mix roasted peppers, beans, corn, diced tomatoes, cilantro, chipotle chiles, 1/2 cup of the cheese and the cooked rice.

2 In 2-quart saucepan, heat oil over low heat. Stir in flour, using wire whisk. Cook over medium heat, stirring constantly, until mixture is smooth and bubbly. Gradually stir in milk, broth, cumin and garlic salt. Heat to boiling, stirring constantly. Boil and stir about 1 minute or until slightly thickened. Stir into rice mixture in bowl. Spoon mixture into baking dish.

3 Bake 20 to 25 minutes or until bubbly around edges. Sprinkle with remaining 1/2 cup cheese. Arrange tomato slices on top. Bake 5 to 8 minutes longer or until cheese is melted.

HIGH ALTITUDE (3500-6500 FT): Increase first bake time to 25 to 30 minutes.

PER SERVING: Calories 580; Total Fat 20g; Sodium 1280mg; Dietary Fiber 13g

EXCHANGES: 3 Starch, 1 1/2 Other Carbohydrate, 1 Vegetable, 1 1/2 Lean Meat, 3 Fat

CARBOHYDRATE CHOICES: 5

Instead of white rice, *try using brown rice.*

Cook as directed on package and plan on a little extra time, as brown rice *takes longer to cook.*

Chicken Enchilada Lasagna

PREP TIME: 25 MINUTES START TO FINISH: 1 HOUR 15 MINUTES 6 SERVINGS

- 1 can (10 oz) Old El Paso® enchilada sauce
- ½ cup Old El Paso® Thick 'n Chunky salsa
- 1 large deli rotisserie chicken, cubed (4 cups cooked chicken)
- ½ cup sour cream
- ½ cup sliced green onions (8 medium)
- 2 tablespoons Old El Paso® taco seasoning mix (from 1.25-oz package)
- 8 corn tortillas (6 inch), cut in half
- 2 cups shredded Colby-Monterey Jack cheese blend (8 oz)
- 2 cups tortilla chips
- 1 cup chopped tomato (1 large)
- 2 tablespoons sliced ripe olives
- Fresh cilantro, if desired

1 Heat oven to 375°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In small bowl, mix enchilada sauce and salsa; reserve ¼ cup of the mixture. In large bowl, mix remaining enchilada sauce mixture, the chicken, sour cream, ¼ cup of the green onions and the taco seasoning mix.

2 Spoon reserved ¼ cup reserved enchilada sauce in bottom of baking dish. Arrange 8 tortilla pieces over sauce, overlapping as necessary. Spoon half of the chicken mixture over tortillas; sprinkle with ⅔ cup of the cheese. Repeat layers. Cover with foil.

3 Bake 30 to 35 minutes or until hot. Layer tortilla chips, tomato, olives, remaining ¼ cup green onions and remaining ⅔ cup cheese over top of casserole. Bake uncovered 5 minutes longer. Let stand 10 minutes before serving. Garnish with cilantro.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING: Calories 520; Total Fat 27g; Sodium 1430mg; Dietary Fiber 3g

EXCHANGES: 1½ Starch, ½ Other Carbohydrate, 5 Lean Meat, 2 Fat

CARBOHYDRATE CHOICES: 2



This casserole also *tastes great* when prepared with 1 lb cooked ground beef instead of the chicken.

TIP

Cutting the 8 tortillas in half is a snap when you use a kitchen scissors.



Italian Pot Roast

PREP TIME: 20 MINUTES START TO FINISH: 3 HOURS 50 MINUTES 8 SERVINGS

- 2 tablespoons olive or vegetable oil
- 1 bone-in beef chuck roast (3 to 3½ lb)
- 1 teaspoon salt
- 1 teaspoon pepper
- 8 medium potatoes, cut in half (4 cups)
- 4 carrots, cut into 4 pieces
- 3 stalks celery, cut into 4 pieces
- 1 medium onion, quartered
- 1 tablespoon chopped garlic
- 1 jar (26 oz) tomato basil pasta sauce
- ½ cup cold water
- ¼ cup all-purpose flour

1 Heat oven to 350°F. In 12-inch skillet, heat oil over high heat. Sprinkle beef roast with salt and pepper; place in skillet. Cook about 6 minutes or until beef is browned on both sides.

2 Place beef in large shallow roasting pan. Arrange potatoes, carrots, celery and onion around beef. Sprinkle garlic over beef and vegetables. Pour pasta sauce over top.

3 Cover pan with foil; roast 3 hours to 3 hours 30 minutes or until beef and vegetables are tender.

4 Remove beef from pan; place on serving platter. Cut beef across grain into slices; arrange vegetables over top. Cover with foil to keep warm.

5 Skim excess fat from drippings in pan. Place 2 cups pan drippings in 1-quart saucepan (if necessary, add water to equal 2 cups). In tightly covered container, shake cold water and flour until smooth. With saucepan over medium-high heat, gradually stir flour mixture into drippings. Heat to boiling, stirring constantly. Boil and stir 1 minute. Serve gravy with beef and vegetables.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING: Calories 540; Total Fat 27g; Sodium 870mg; Dietary Fiber 4g

EXCHANGES: 1 Starch, 1 Other Carbohydrate, 1½ Vegetable, 4 Lean Meat, 3 Fat

CARBOHYDRATE CHOICES: 2½

TIP

Serve this pot roast with hearty whole grain bread and fresh apple and orange wedges.

Spoon the gravy over the *sliced pot roast and vegetables* on the platter. Garnish with sprigs of fresh basil.

California Cheeseburger Pie

PREP TIME: 25 MINUTES START TO FINISH: 1 HOUR 15 MINUTES 8 SERVINGS

- 1 box (15 oz) Pillsbury® refrigerated pie crusts, softened as directed on box
- 1½ lb lean (at least 80%) ground beef
- 2 large onions, chopped (1 cup)
- 12 oz prepared cheese product (from 16-oz loaf), cubed (about 2 cups)
- ½ cup Thousand Island dressing
- 2 teaspoons yellow mustard
- 16 round dill pickle chips or 8 oblong dill pickle slices
- ¼ teaspoon sesame seed
- Lettuce leaves
- 2 plum (Roma) tomatoes, sliced

1 Heat oven to 375°F. Make pie crusts as directed on box for Two-Crust Pie using 9-inch glass pie plate.

2 In 12-inch skillet, cook ground beef and onions over medium-high heat, stirring frequently, until beef is thoroughly cooked; drain.

3 Stir in cheese, dressing and the mustard. Reduce heat to low; cook 2 to 3 minutes, stirring occasionally, until cheese is melted. Spoon beef mixture into crust-lined pie plate. Arrange pickle chips over beef mixture.

4 Top with second crust; seal edge and flute. Sprinkle with sesame seed. Cut slits in several places in top crust. Cover crust edge with 2- to 3-inch-wide strips of foil to prevent excessive browning; remove foil during last 15 minutes of baking.

5 Bake 35 to 40 minutes or until crust is golden brown. Let stand 10 minutes before serving. Top pie with lettuce and tomatoes. Serve with ketchup and mustard if desired.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING: Calories 600; Total Fat 41g; Sodium 1330mg; Dietary Fiber 0g

EXCHANGES: 1½ Starch, 1 Other Carbohydrate, 2½ High-Fat Meat, 4 Fat

CARBOHYDRATE CHOICES: 2

Here's an easy way to *cover the crust edge* with foil: Cut a 12-inch square of foil, then cut out an 8-inch round from the center. Place the foil "frame" over the pie.



Serve a crisp green tossed salad with this hearty pie. Then, treat everyone to milk shakes for dessert.



TIP

For more garlic flavor, use a garlic-flavored Alfredo sauce.

Pesto-Chicken Manicotti

PREP TIME: 20 MINUTES START TO FINISH: 1 HOUR 15 MINUTES 7 SERVINGS (2 MANICOTTI EACH)

- 1 jar (16 oz) Alfredo pasta sauce
- 1½ cups water
- 1 teaspoon garlic powder
- 1 package (1¼ lb) uncooked chicken breast tenders (not breaded) (14 tenders)
- 1 teaspoon Italian seasoning
- 14 uncooked manicotti pasta shells (8 oz)
- 2 cups shredded mozzarella cheese (8 oz)
- 1 large tomato, chopped (1 cup)
- ⅓ cup basil pesto

1 Heat oven to 375°F. In medium bowl, mix pasta sauce, water and garlic powder. In ungreased 13x9-inch (3-quart) glass baking dish, spread about one-third (1 cup) of the pasta sauce mixture.

2 In medium bowl, sprinkle chicken tenders with Italian seasoning. Stuff chicken into uncooked manicotti shells. Place shells on pasta sauce in baking dish. Pour remaining pasta sauce mixture evenly over shells, covering completely.

3 Cover with foil. Bake 45 to 50 minutes or until shells are tender. Sprinkle with cheese. Bake uncovered 2 to 4 minutes longer or until cheese is melted. Sprinkle with tomato. Serve with pesto.

HIGH ALTITUDE (3500-6500 FT): Increase first bake time to 60 to 65 minutes.

PER SERVING: Calories 600; Total Fat 34g; Sodium 610mg; Dietary Fiber 2g

EXCHANGES: 2½ Starch, 4 Lean Meat, 4 Fat
CARBOHYDRATE CHOICES: 2



Don't have chicken tenders?

Just cut 4 boneless skinless chicken breasts into long strips to make about 14 pieces.

Sausage and Pasta Bake

PREP TIME: 20 MINUTES START TO FINISH: 1 HOUR 20 MINUTES 4 SERVINGS (1½ CUPS EACH)

- 1½ cups uncooked penne pasta (5 oz)
- ½ lb bulk Italian pork sausage
- 1 medium onion, chopped (½ cup)
- 1 teaspoon dried oregano leaves
- ½ teaspoon Cajun seasoning
- 1 cup vegetable juice
- 1 can (15 to 16 oz) chili beans in sauce, undrained
- 1 can (14.5 oz) zesty chili-style diced tomatoes, undrained

1 Heat oven to 350°F. Cook and drain pasta as directed on package. Return to pan; set aside.

2 Meanwhile, in 10-inch skillet, cook sausage and onion over medium heat 8 to 10 minutes, stirring occasionally, until sausage is no longer pink; drain. Remove from heat. Stir in oregano and Cajun seasoning.

3 Stir sausage mixture into pasta. Stir in remaining ingredients. Spoon into ungreased 2-quart casserole. Cover with foil.

4 Bake 50 to 60 minutes or until hot in center.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING: Calories 390; Total Fat 10g; Sodium 1470mg; Dietary Fiber 8g

EXCHANGES: 2½ Starch, ½ Other Carbohydrate, 2 Vegetable, 1 High-Fat Meat

CARBOHYDRATE CHOICES: 4

Change the look of this casserole by using a different pasta shape such as shells or rotini.



No Cajun seasoning?
Chili powder will work, too.

Pork Chop Bake

PREP TIME: 20 MINUTES

START TO FINISH: 1 HOUR 15 MINUTES 6 SERVINGS (1 PORK CHOP AND 1 CUP POTATO MIXTURE EACH)

- 1 bag (20 oz) refrigerated cooked shredded hash brown potatoes
- 1 can (11 oz) condensed Cheddar cheese soup
- 1/2 cup sour cream
- 1/2 cup milk
- 3 cups chopped fresh broccoli florets
- 1 medium onion, chopped (1/2 cup)
- 1 tablespoon olive or vegetable oil
- 6 bone-in pork chops (1/2 inch thick)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

1 Heat oven to 350°F. In large bowl, mix potatoes, soup, sour cream, milk, broccoli and onion. Spoon mixture into ungreased 13x9-inch (3-quart) glass baking dish. Cover with foil; bake 30 minutes.

2 Meanwhile, in 12-inch skillet, heat oil over medium-high heat. Add 3 of the pork chops; sprinkle with half of the salt and pepper. Cook 3 to 5 minutes on each side or until pork is browned. Repeat with remaining pork chops, salt and pepper.

3 Remove foil from baking dish. Place pork chops evenly on top of potatoes, overlapping slightly. Bake 25 to 35 minutes longer or until edges are bubbly and pork is no longer pink in center.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING: Calories 440; Total Fat 19g; Sodium 770mg; Dietary Fiber 4g

EXCHANGES: 1 1/2 Starch, 1/2 Other Carbohydrate, 1 Vegetable, 3 Lean Meat, 2 Fat
CARBOHYDRATE CHOICES: 2 1/2

TIP

Skip the pork chops, and this casserole becomes a tasty side dish.

Next time, try substituting 6 boneless skinless chicken breasts for the pork chops.

2

READY TO BAKE IN 20 MINUTES

*Family friendly
quick-prep recipes*

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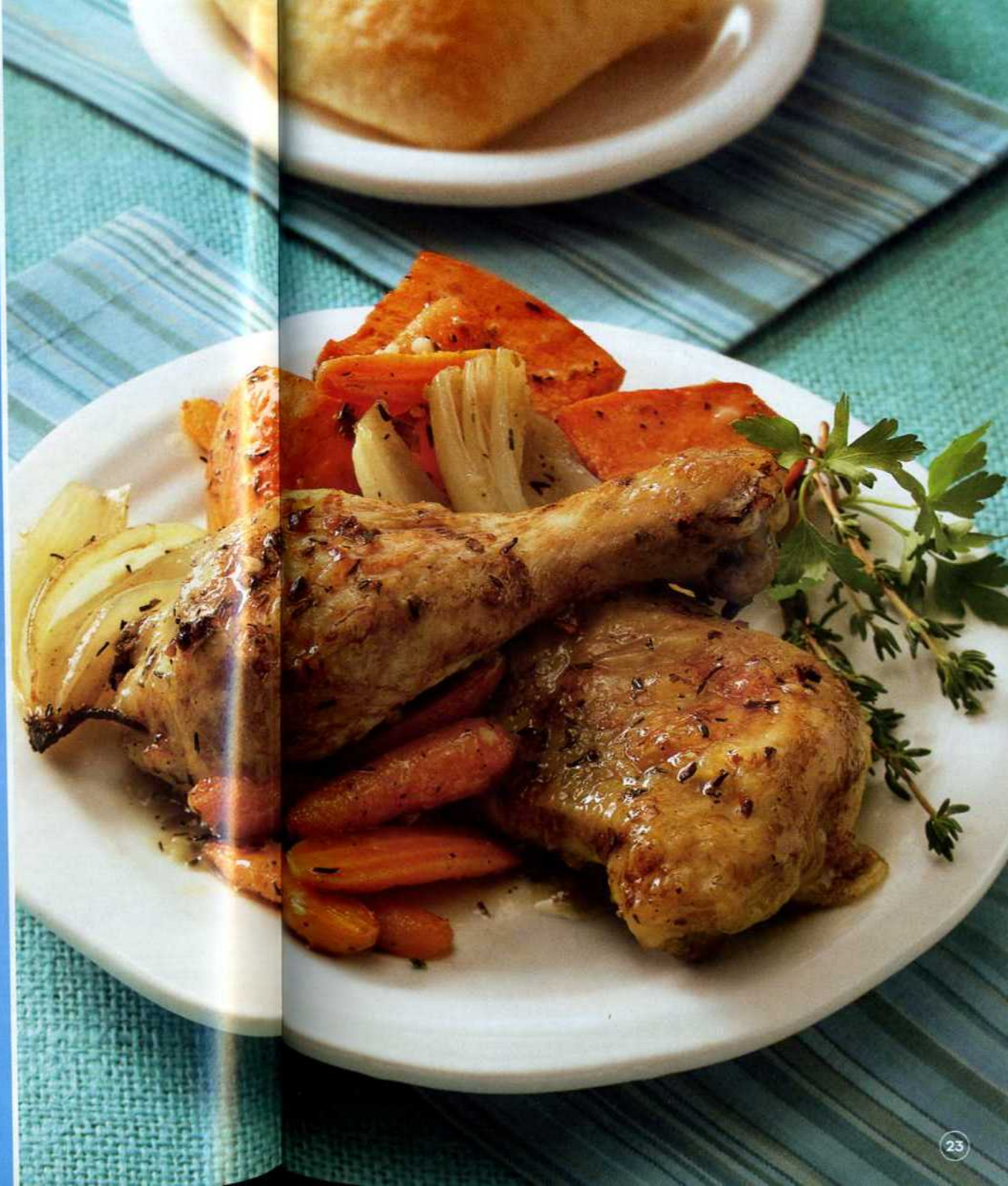
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with Bagel Chips



Roasted Chicken and Vegetables

PREP TIME: 15 MINUTES START TO FINISH: 1 HOUR 25 MINUTES 4 SERVINGS

- ¼ cup chicken broth
- 2 tablespoons olive or vegetable oil
- 1 teaspoon salt
- 1 teaspoon dried thyme leaves
- 1 teaspoon dried tarragon leaves
- ½ teaspoon pepper
- 2 medium dark-orange sweet potatoes, peeled, cut into eighths
- 1½ cups ready-to-eat baby-cut carrots, cut in half lengthwise
- 1 large onion, cut into 8 wedges
- 8 cloves garlic, finely chopped
- 1 cut-up whole chicken (3 to 3½ lb)

TIP

Instead of sweet potatoes, use russet potatoes. Cut each into 8 pieces.



1 Heat oven to 425°F. In large bowl, mix broth, oil, salt, thyme, tarragon and pepper. Add vegetables and garlic; toss to coat. Remove vegetables with slotted spoon to ungreased 15x10x1-inch pan, spreading on half of the pan.

2 Add chicken pieces to remaining broth mixture in bowl, turning chicken over to coat all sides. Place chicken pieces skin-side-down next to vegetables in pan, placing legs and thighs along edge of pan. Drizzle any remaining broth mixture over chicken.

3 Bake 30 minutes. Stir vegetables, and turn chicken pieces. Bake 30 to 40 minutes longer or until vegetables are tender and juice of chicken is clear when thickest piece is cut to bone (170°F for breasts; 180°F for thighs and legs).

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING: Calories 410; Total Fat 17g; Sodium 820mg; Dietary Fiber 4g

EXCHANGES: 1 Starch, 1 Vegetable, 5½ Lean Meat
CARBOHYDRATE CHOICES: 1½

To make chicken broth, mix ¼ cup water and ¼ teaspoon chicken bouillon granules.

Creamy Ham and Potato Casserole

PREP TIME: 15 MINUTES START TO FINISH: 1 HOUR 20 MINUTES 4 SERVINGS (1¼ CUPS EACH)

- 3 cups frozen potatoes O'Brien with onions and peppers (from 28-oz bag)
- 1½ cups Green Giant® frozen cut green beans
- 1½ cups finely chopped cooked ham
- ¾ cup milk
- ½ cup shredded American cheese (2 oz)
- 1 can (10¾ oz) condensed 98% fat-free cream of chicken soup with 30% less sodium

1 Heat oven to 375°F. Spray 8-inch square (2-quart) glass baking dish with cooking spray.

2 In large bowl, mix all ingredients; spoon into baking dish.

3 Bake about 1 hour or until bubbly and hot. Let stand 5 minutes before serving.

HIGH ALTITUDE (3500-6500 FT): Thaw potatoes and green beans before mixing with other ingredients.

PER SERVING: Calories 280; Total Fat 11g; Sodium 1300mg; Dietary Fiber 2g

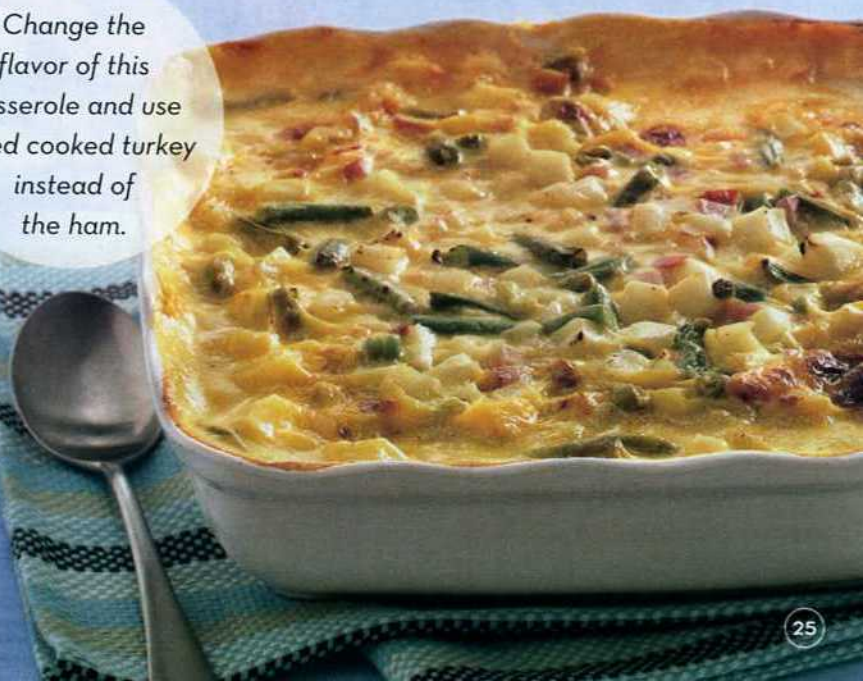
EXCHANGES: 1 Starch, ½ Other Carbohydrate, 1 Vegetable, 2 Medium-Fat Meat

CARBOHYDRATE CHOICES: 2

Instead of the frozen green beans, you can substitute any Green Giant® frozen vegetable.

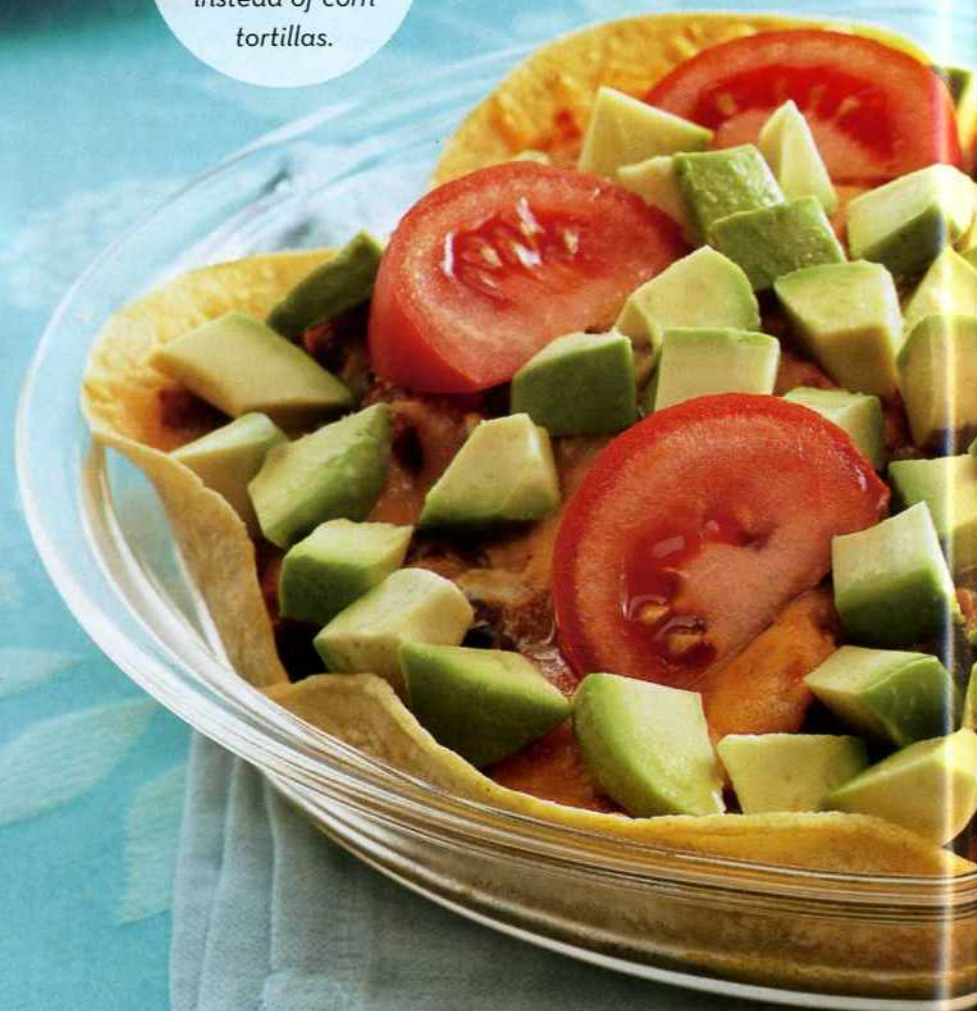
TIP

Change the flavor of this casserole and use diced cooked turkey instead of the ham.



TIP

If you prefer the taste of flour tortillas, use them instead of corn tortillas.



Baja Pie

PREP TIME: 20 MINUTES START TO FINISH: 1 HOUR 5 MINUTES 6 SERVINGS

- 5 corn tortillas (6 inch)
- 1 tablespoon butter or margarine, melted
- 2 cups shredded deli rotisserie chicken (from 2- to 2½-lb chicken)
- 1 can (15 oz) Progresso® black beans, drained, rinsed
- 1 cup Old El Paso® Thick 'n Chunky salsa
- 2 tablespoons Old El Paso® taco seasoning mix (from 1.25-oz package)
- 1½ cups shredded Cheddar cheese (6 oz)
- 1 medium tomato, cut into 6 wedges
- 1 medium avocado, pitted, peeled and chopped

1 Heat oven to 325°F. In 9-inch glass pie plate, arrange tortillas, overlapping and extending to edge or slightly over edge of plate. Brush edges of tortillas with melted butter.

2 In large bowl, mix chicken, beans, salsa, taco seasoning mix and ½ cup of the cheese. Spoon chicken mixture onto tortillas.

3 Bake 25 to 30 minutes or until hot. Sprinkle with remaining 1 cup cheese. Bake 2 to 4 minutes longer or until cheese begins to melt. Top with tomato and avocado.

HIGH ALTITUDE (3500-6500 FT): Increase first bake time to 28 to 33 minutes.

PER SERVING: Calories 430; Total Fat 20g; Sodium 1010mg; Dietary Fiber 10g

EXCHANGES: 2 Starch, 3 Very Lean Meat, 3½ Fat
CARBOHYDRATE CHOICES: 2

Make sure to use *fresh corn tortillas* when making this recipe; old tortillas may dry out while baking.



Italian Sausage-Mashed Potato Pie

PREP TIME: 15 MINUTES START TO FINISH: 1 HOUR 15 MINUTES 6 SERVINGS

- 1 pouch (from 7.2-oz box) Betty Crocker® roasted garlic mashed potatoes
- $\frac{3}{4}$ cup milk
- $\frac{1}{2}$ cup water
- 2 eggs, beaten
- 1 lb bulk mild Italian pork sausage
- 1 medium onion, chopped ($\frac{1}{2}$ cup)
- 1 cup tomato pasta sauce
- 1 teaspoon dried basil leaves
- $\frac{1}{2}$ cup shredded Parmesan cheese (2 oz)

1 Heat oven to 375°F. Spray 9-inch glass pie plate. Cook 1 pouch potatoes as directed on box—except use $\frac{3}{4}$ cup milk and $\frac{1}{2}$ cup water; omit margarine. After 5-minute stand time, stir in eggs. Spread cooked potatoes in bottom and up sides of pie plate, forming a crust.

2 Meanwhile, in 12-inch skillet, cook sausage and onion over medium-high heat, stirring frequently, until sausage is no longer pink; drain. Stir in pasta sauce and basil. Reduce heat to low; cook about 2 minutes, stirring occasionally, until hot. Pour into potato-lined pie plate.

3 Bake about 25 minutes or until crust edges just begin to turn golden brown. Sprinkle with cheese. Bake about 5 minutes longer or until cheese is melted. Let stand 5 minutes before serving.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING: Calories 360; Total Fat 17g; Sodium 1010mg; Dietary Fiber 2g

EXCHANGES: $1\frac{1}{2}$ Starch, $\frac{1}{2}$ Other Carbohydrate, 1 Vegetable, $1\frac{1}{2}$ High-Fat Meat, 1 Fat
CARBOHYDRATE CHOICES: $2\frac{1}{2}$



If you decide to use sausage links instead of bulk sausage, remember to *remove the casings* before cooking.

TIP

Hot Italian pork sausage can be used in place of mild Italian sausage.



TIP

Instead of green enchilada sauce, try red. Or, try using salsa verde.



Quesadilla Pie

PREP TIME: 20 MINUTES START TO FINISH: 50 MINUTES 6 SERVINGS

- 1 can (4.5 oz) Old El Paso® chopped green chiles
- 1 can (15 oz) Progresso® black beans, drained, rinsed
- 1/3 cup chopped green onions
- 1 medium plum (Roma) tomato, chopped
- 1 can (10 oz) Old El Paso® green chile enchilada sauce
- 1 1/2 cups shredded pepper Jack cheese (6 oz)
- 1/2 cup chopped fresh cilantro
- 1 1/2 cups shredded Cheddar cheese (4 oz)
- 4 Old El Paso® flour tortillas (8 inch)

1 Heat oven to 400°F. Spray 9-inch glass pie plate with cooking spray. In medium bowl, mix chiles, beans, onions, tomato, 1/2 cup of the enchilada sauce, the pepper Jack cheese, 1/4 cup of the cilantro and 1/2 cup of the Cheddar cheese; set aside.

2 Spoon 1/4 cup enchilada sauce into pie plate. Top with 1 tortilla and 1/3 of the bean mixture. Repeat twice to make 3 layers. Top with remaining tortilla. Cover loosely with foil.

3 Bake 30 minutes. Uncover; sprinkle with remaining Cheddar cheese. Bake 5 to 7 minutes longer or until cheese is melted. Sprinkle with remaining 1/4 cup cilantro. Serve with salsa if desired.

HIGH ALTITUDE (3500-6500 FT): In step 3, increase second bake time to 7 to 9 minutes.

PER SERVING: Calories 440; Total Fat 19g; Sodium 1180mg; Dietary Fiber 9g

EXCHANGES: 3 Starch, 1 1/2 Medium-Fat Meat, 2 Fat
CARBOHYDRATE CHOICES: 3



Make this casserole up to 8 hours ahead of time. Cover and refrigerate until it's *time to bake*.

Tex-Mex Meatball Pie

PREP TIME: 10 MINUTES START TO FINISH: 55 MINUTES 6 SERVINGS

- 1 Pillsbury® refrigerated pie crust (from 15-oz box), softened as directed on box
- 18 frozen cooked meatballs (about 1 inch), thawed
- 1 cup Green Giant® Niblets® frozen whole kernel corn
- ¾ cup Old El Paso® Thick 'n Chunky salsa
- ¾ cup shredded Cheddar cheese (3 oz)
- 1 cup shredded lettuce
- ¼ cup sour cream

1 Heat oven to 375°F. Unroll pie crust on ungreased cookie sheet. Place meatballs on center of crust.

2 In small bowl, mix corn and ½ cup of the salsa. Spoon corn mixture over meatballs. Fold edge of crust over filling (about 2 inches); ruffle decoratively.

3 Bake 35 to 40 minutes or until crust is deep golden brown. Sprinkle with cheese. Bake 3 to 5 minutes longer or until cheese is melted.

4 Top with lettuce and sour cream. Drizzle with remaining ¼ cup salsa. Serve immediately.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING: Calories 340; Total Fat 20g; Sodium 640mg; Dietary Fiber 0g

EXCHANGES: 1½ Starch, ½ Other Carbohydrate, 1 High-Fat Meat, 2 Fat

CARBOHYDRATE CHOICES: 2

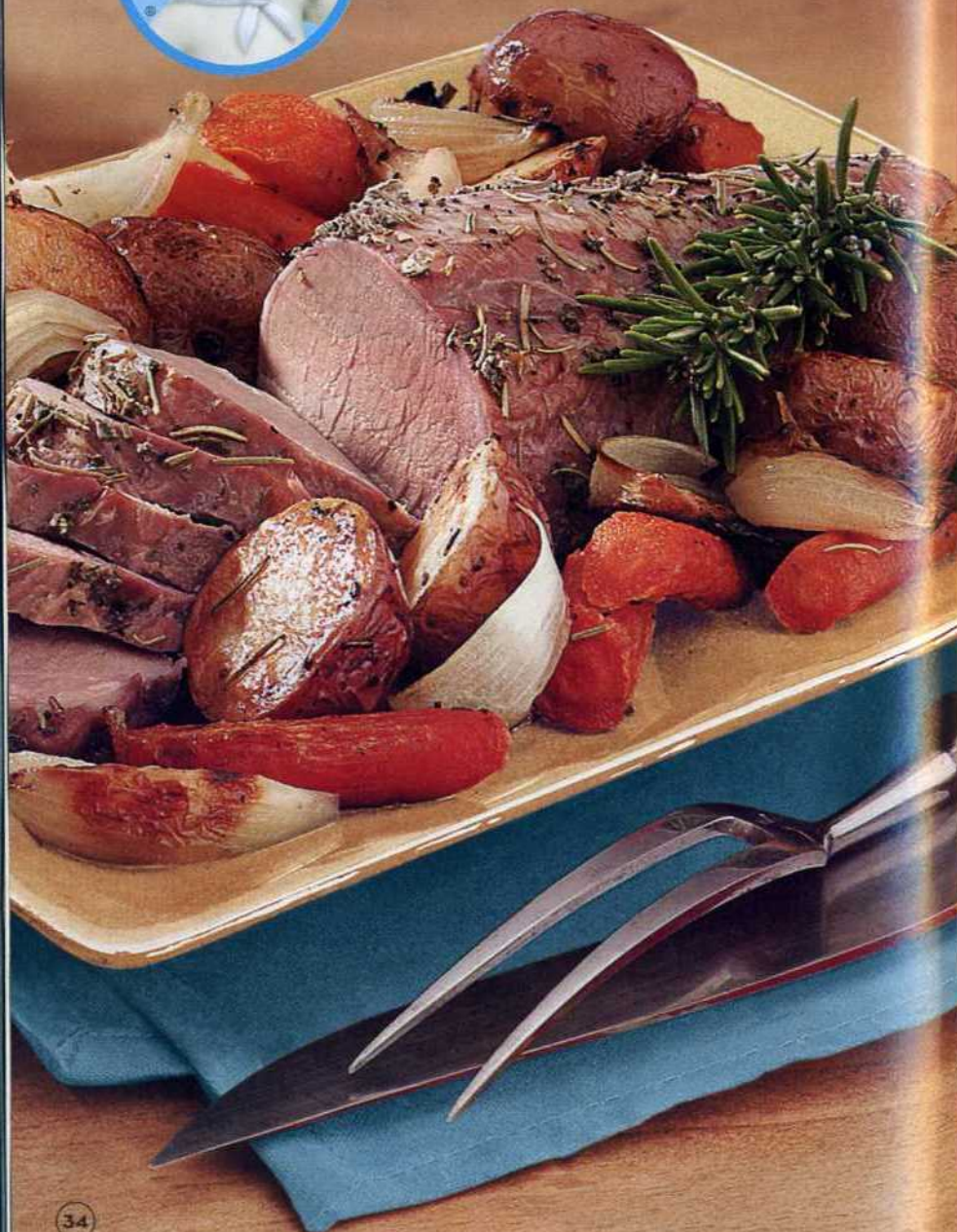
If your meatballs are large,
cut them in half before placing
on the pie crust.



Taco-flavored Cheddar cheese is also great with this fun dinner pie.



1 lb baby-cut carrots can be substituted for the medium carrots.



Oven-Roasted Pork 'n Vegetables

PREP TIME: 20 MINUTES START TO FINISH: 1 HOUR 6 SERVINGS

- 3 tablespoons olive or vegetable oil
- 2 teaspoons dried rosemary leaves, crushed
- 1 teaspoon dried sage leaves, crushed
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 16 to 20 small red potatoes (about 2 lb), cut in half
- 6 to 8 medium carrots (about 1 lb), cut into 2-inch pieces
- 2 small onions, cut into wedges
- 2 pork tenderloins (about 3/4 lb each)

1 Heat oven to 450°F. Generously spray 15x10x1-inch pan or shallow roasting pan with cooking spray.

2 In large bowl, mix oil, rosemary, sage, salt and pepper. Toss vegetables in mixture; remove with slotted spoon to pan (reserve remaining oil mixture). Bake vegetables 25 minutes. Stir vegetables and move to one side of pan. Roll pork in reserved oil mixture; place in pan.

3 Roast 30 to 35 minutes, stirring vegetables occasionally, until vegetables are tender, pork is no longer pink in center and meat thermometer inserted in center of pork reads 160°F.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING: Calories 370; Total Fat 12g; Sodium 310mg; Dietary Fiber 6g

EXCHANGES: 2 Starch, 1 Vegetable, 3 Lean Meat, 1/2 Fat
CARBOHYDRATE CHOICES: 2 1/2

Arrange the roast pork and vegetables on a *decorative serving platter* and garnish with *rosemary sprigs*.

Lazy-Day Overnight Lasagna

PREP TIME: 20 MINUTES START TO FINISH: 13 HOURS 35 MINUTES 12 SERVINGS

- 1 lb mild bulk Italian pork sausage or ground beef
- 1 jar (26 to 28 oz) tomato pasta sauce
- 1 cup water
- 1 container (15 oz) ricotta cheese
- 2 tablespoons chopped fresh chives
- 1/2 teaspoon dried oregano leaves
- 1 egg
- 8 oz uncooked lasagna noodles
- 1 package (16 oz) sliced mozzarella cheese
- 2 tablespoons grated Parmesan cheese

1 In 12-inch skillet, cook sausage over medium-high heat, stirring occasionally, until no longer pink. Drain well. Stir in pasta sauce and water. Heat to boiling. Reduce heat to low; simmer 5 minutes.

2 In medium bowl, mix ricotta cheese, chives, oregano and egg.

3 In ungreased 13x9-inch (3-quart) glass baking dish or lasagna pan, spread 1/2 cups of the meat sauce. Top with half each of the uncooked noodles, ricotta cheese mixture and mozzarella cheese. Repeat with 1/2 cups meat sauce and remaining noodles, ricotta cheese mixture and mozzarella cheese. Top with remaining meat sauce. Sprinkle with Parmesan cheese. Cover; refrigerate 12 hours or overnight.

4 Heat oven to 350°F. Uncover baking dish; bake 50 to 60 minutes or until noodles are tender and casserole is bubbly. Cover; let stand 15 minutes before serving.

HIGH ALTITUDE (3500-6500 FT): In step 4, bake covered 60 minutes. Uncover and bake 10 to 20 minutes longer.

PER SERVING: Calories 380; Total Fat 19g; Sodium 700mg; Dietary Fiber 2g

EXCHANGES: 1 1/2 Starch, 1/2 Other Carbohydrate, 2 1/2 Medium-Fat Meat, 1 Fat
CARBOHYDRATE CHOICES: 2

Instead of Italian sausage, try making this lasagna with *ground beef* instead.



CLEVER COOK

Just about everyone loves lasagna, but few would argue that its prep—boiling, draining and handling the hot slippery noodle—is a walk in the park. The beauty of this lasagna is that it lets you skip all those steps. When you assemble the dish a day ahead, the uncooked noodles have time to absorb the liquid and become tender. Voilà! Tasty lasagna without the hassle.

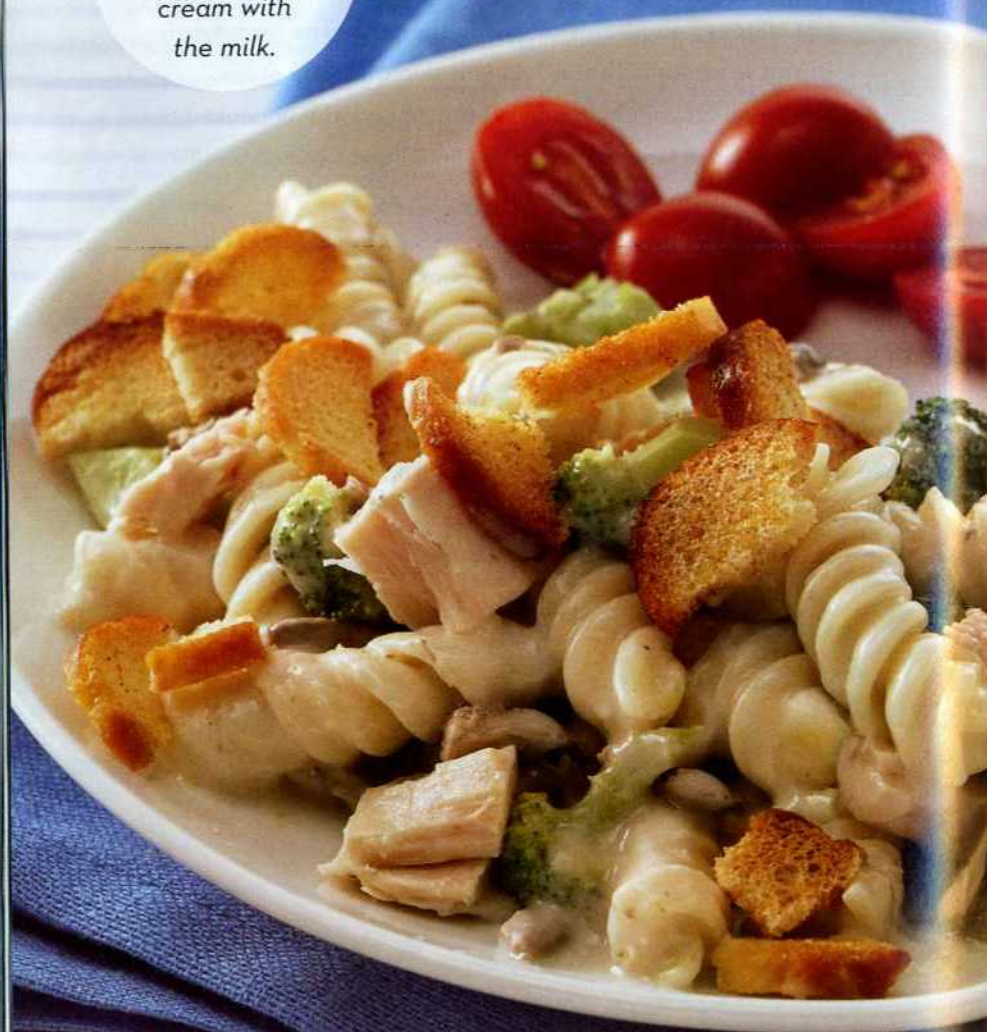
TIP

For added flavor, use provolone cheese instead of the mozzarella.



TIP

To make the casserole creamier, add $\frac{1}{2}$ cup sour cream with the milk.



Creamy Tuna and Broccoli Casserole with Bagel Chips

PREP TIME: 10 MINUTES START TO FINISH: 50 MINUTES 6 SERVINGS

- 3 cups uncooked rotini pasta
- 3 cups Green Giant® frozen broccoli cuts
- 1 can (6 oz) albacore tuna in water, drained
- 1 can (18 oz) Progresso® Vegetable Classics creamy mushroom soup
- $\frac{1}{4}$ cup milk
- $1\frac{1}{2}$ cups garlic bagel chips (from 6-oz bag), broken into pieces

1 Heat oven to 350°F. Cook and drain pasta as directed on package, adding broccoli 5 minutes before pasta is done cooking.

2 Return cooked pasta and broccoli to pan; stir in tuna, soup and milk. Spoon into ungreased 8-inch square (2-quart) glass baking dish.

3 Bake 15 minutes. Sprinkle with bagel chips. Bake 10 to 15 minutes longer or until bagel chips are lightly browned and casserole is hot.

HIGH ALTITUDE (3500-6500 FT): Increase first bake time to 20 minutes.

PER SERVING: Calories 420; Total Fat 8g; Sodium 700mg; Dietary Fiber 6g

EXCHANGES: $3\frac{1}{2}$ Starch, $\frac{1}{2}$ Other Carbohydrate, 1 Vegetable, 1 Very Lean Meat, 1 Fat

CARBOHYDRATE CHOICES: $4\frac{1}{2}$



Mix things up by switching the toppings.

Try cheesy fish-shaped crackers or croutons instead of the bagel chips.

3

EXTRA SPECIAL

*Delicious dishes
sure to impress*

42 Patchwork Pot Pie ►

43 Chicken-Stuffed Shells with Two Sauces

45 Fajita Enchiladas

46 Mini Chicken Pot Pies

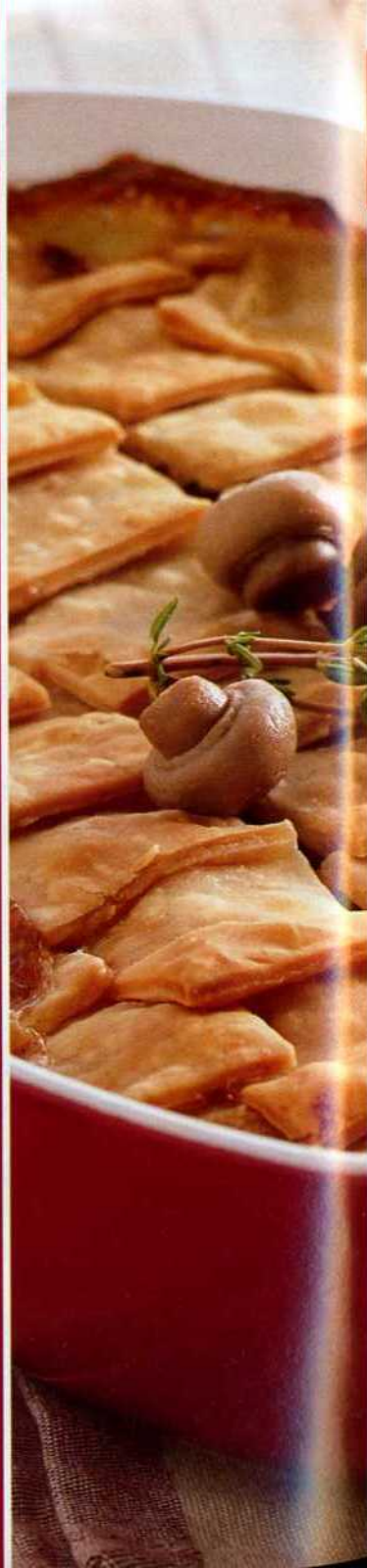
49 Mediterranean Chicken Bake

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Patchwork Pot Pie

PREP TIME: 15 MINUTES START TO FINISH: 1 HOUR 35 MINUTES 6 SERVINGS

- 2 cups diced (1/4 to 1/2 inch) cooked turkey breast
- 2 cups refrigerated cooked diced potatoes with onions (from 20-oz bag)
- 2 cups Green Giant® frozen mixed vegetables
- 1 jar (4.5 oz) Green Giant® sliced mushrooms, drained
- 1/2 cup sour cream
- 1 jar (12 oz) turkey gravy
- 1/4 teaspoon dried sage leaves
- 1 Pillsbury® refrigerated pie crust (from 15-oz box), softened as directed on box

No turkey breast?

Try using deli rotisserie chicken.



1 Heat oven to 375°F. Spray 3-quart casserole with cooking spray. In large bowl, mix turkey, potatoes, frozen vegetables, mushrooms, sour cream, gravy and sage; spoon mixture into casserole.

2 Unroll pie crust. Cut into 1 1/2-inch wide strips, then cut in opposite direction, making 1 1/2-inch square pieces (not all will be perfectly square). Starting with rounded-edge pieces around edge of casserole, cover top of mixture with pie crust pieces, overlapping each piece (see photo).

3 Bake 1 hour 15 minutes to 1 hour 20 minutes or until crust is golden brown and edges are bubbly.

HIGH ALTITUDE (3500-6500 FT): Thaw frozen vegetables before adding to casserole.

PER SERVING: Calories 390; Total Fat 18g; Sodium 760mg; Dietary Fiber 4g

EXCHANGES: 2 Starch, 1/2 Other Carbohydrate, 1 Vegetable, 1 1/2 Very Lean Meat, 3 Fat

CARBOHYDRATE CHOICES: 2 1/2

TIP

Chicken
gravy will work
in place of the
turkey gravy.

Chicken-Stuffed Shells with Two Sauces

PREP TIME: 20 MINUTES START TO FINISH: 1 HOUR 5 MINUTES 6 SERVINGS

- 18 uncooked jumbo pasta shells
- 3/4 cup lightly packed chopped fresh basil leaves
- 3 cups diced cooked chicken breast (about 1 lb)
- 1 cup small-curd cottage cheese
- 1 egg
- 2 cups tomato pasta sauce
- 1 container (10 oz) refrigerated Alfredo sauce
- 1/2 cup grated Parmesan cheese

1 Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. Cook and drain pasta shells as directed on package.

2 In medium bowl, mix 1/2 cup of the basil leaves, the chicken, cottage cheese and egg. Spoon about 1 heaping tablespoon mixture into each cooked pasta shell.

3 Pour pasta sauce into baking dish; spread to evenly coat bottom of dish. Place filled shells over sauce, filled sides up. Drizzle Alfredo sauce over shells. Sprinkle with Parmesan cheese. Cover tightly with foil.

4 Bake 35 to 45 minutes or until sauce is bubbly and shells are hot. Sprinkle with remaining basil.

HIGH ALTITUDE (3500-6500 FT): Heat oven to 375°F. Bake about 40 minutes.

PER SERVING: Calories 560; Total Fat 25g; Sodium 1030mg; Dietary Fiber 3g

EXCHANGES: 2 Starch, 1 Other Carbohydrate, 4 1/2 Lean Meat, 2 Fat

CARBOHYDRATE CHOICES: 3

Save prep time by making the filling and the sauce the night before. Stuff the cooked shells before guests arrive, and bake the dish while you put together a salad.

TIP

Use a decorating
bag without a tip to
easily stuff the shells
with the chicken
mixture.



**TIP**

Serve with a side of cooked rice and red beans.

Fajita Enchiladas

PREP TIME: 30 MINUTES START TO FINISH: 1 HOUR 6 SERVINGS (2 ENCHILADAS EACH)

- 1 tablespoon olive or vegetable oil
- 1 lb boneless skinless chicken breasts, cut into 1/2-inch strips
- 1 medium green bell pepper, cut into thin bite-size strips
- 1 medium red bell pepper, cut into thin bite-size strips
- 1/2 large onion, thinly sliced
- 1 can (4.5 oz) Old El Paso® chopped green chiles
- 3 cups shredded Cheddar cheese (12 oz)
- 1 can (10 oz) Old El Paso® red enchilada sauce
- 1 package (10.5 oz) Old El Paso® flour tortillas (12 tortillas; 6 inch)
- 1/4 cup chopped fresh cilantro

1 Heat oven to 350°F. In 12-inch skillet, heat oil over medium-high heat. Add chicken, peppers and onion; cook about 4 minutes, stirring frequently, until chicken is no longer pink in center. Remove from heat; drain.

2 Stir in chiles, 1 1/2 cups of the cheese and 1/4 cup of the enchilada sauce.

3 In bottom of ungreased 13x9-inch (3-quart) glass baking dish, evenly spread 1/2 cup of the enchilada sauce.

4 Spoon about 1/2 cup chicken mixture down center of each tortilla; roll up tortillas. Place each seam side down on red enchilada sauce in baking dish, arranging in 2 rows. Pour remaining enchilada sauce over enchiladas. Cover tightly with foil.

5 Bake 20 to 25 minutes or until hot and bubbly. Sprinkle with remaining 1 1/2 cups cheese. Bake uncovered about 5 minutes longer or until cheese is melted. Sprinkle with cilantro before serving.

HIGH ALTITUDE (3500-6500 FT): In step 5, increase first bake time to 40 to 45 minutes.

PER SERVING: Calories 540; Total Fat 29g; Sodium 1290mg; Dietary Fiber 2g

EXCHANGES: 1 1/2 Starch, 1/2 Other Carbohydrate, 1 Vegetable, 4 Very Lean Meat, 5 Fat

CARBOHYDRATE CHOICES: 2

For added color and taste, sprinkle chopped fresh tomatoes over the top of the enchiladas before serving.

Mini Chicken Pot Pies

PREP TIME: 15 MINUTES START TO FINISH: 30 MINUTES 4 POT PIES

- 1½ cups frozen peas and carrots
- 1 cup cubed (½ inch) cooked chicken
- 1 cup refrigerated diced cooked potatoes with onions (from 20-oz bag)
- ¼ cup milk
- ½ teaspoon dried thyme leaves
- 1 can (10¾ oz) condensed cream of chicken soup
- 1 can (4 oz) Pillsbury® refrigerated crescent dinner rolls
- 1 egg
- 1 tablespoon water
- ⅛ teaspoon dried thyme leaves

1 Heat oven to 400°F. In 2-quart saucepan, mix peas and carrots, chicken, potatoes, milk, ½ teaspoon thyme and the soup. Heat to boiling over medium-high heat, stirring occasionally. Divide mixture evenly among 4 ungreased 10-oz custard cups.

2 Unroll crescent dough. Place 1 crescent over each custard cup.

3 In small bowl, mix egg and water. Brush mixture over crescent dough. Sprinkle ⅛ teaspoon thyme over dough. Bake 11 to 13 minutes or until crusts are golden brown.

HIGH ALTITUDE (3500-6500 FT): No change.

PER POT PIE: Calories 470; Total Fat 23g; Sodium 910mg; Dietary Fiber 4g

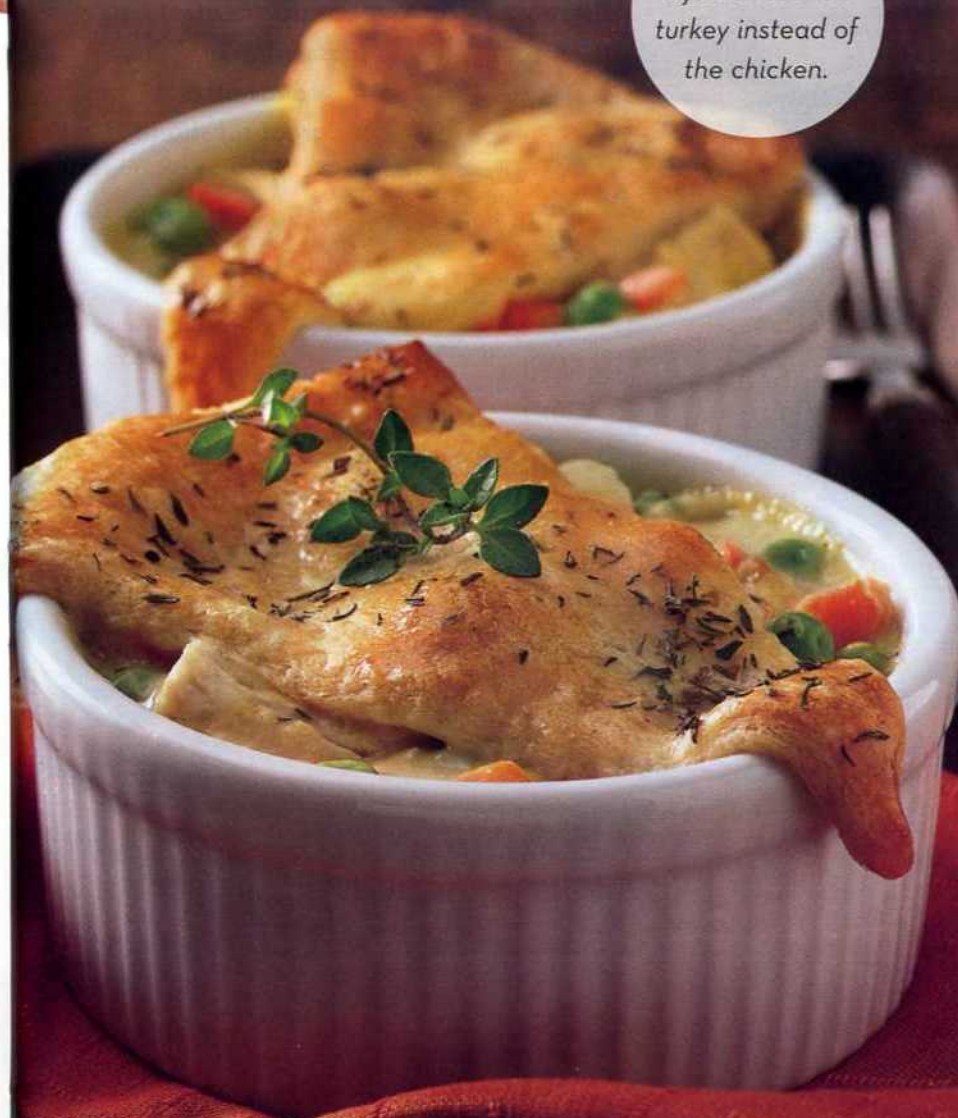
EXCHANGES: 3 Starch, 1 Vegetable, 1 Lean Meat, 3½ Fat
CARBOHYDRATE CHOICES: 3



If you don't have 10-oz custard cups, use *foil tart pans* (4½ inches in diameter x 1¼ inches tall). Look for them in the *baking aisle* of your grocery store.

TIP

You can use leftover cooked turkey instead of the chicken.



TIP

Rosamarina is a tiny rice-shaped pasta. It's ideal for casseroles and soups and makes a great substitute for rice.



Mediterranean Chicken Bake

PREP TIME: 20 MINUTES START TO FINISH: 55 MINUTES 6 SERVINGS (1¼ CUPS EACH)

- 1 lb boneless skinless chicken breasts, cubed
- 1 medium onion, chopped (½ cup)
- 2 medium zucchini, cut into ⅛-inch slices
- ½ cup uncooked rosamarina or orzo pasta
- ½ cup water
- 2 medium plum (Roma) tomatoes, chopped
- 1 jar (26 oz) roasted tomato and garlic pasta sauce
- 2 cups shredded mozzarella cheese (8 oz)
- 1 teaspoon Italian seasoning
- 6 sheets frozen phyllo (filo) pastry (14x9 inch), thawed (from 1-lb box)
- 3 tablespoons butter or margarine, melted

1 Heat oven to 400°F. Spray 3-quart glass casserole with cooking spray. In 12-inch nonstick skillet, cook chicken over medium heat 8 to 10 minutes, stirring occasionally, until no longer pink. Stir in onion, zucchini, pasta and water. Cook 5 to 6 minutes, stirring occasionally, until vegetables are crisp-tender.

2 Stir in tomatoes, pasta sauce, cheese and Italian seasoning. Spoon mixture into casserole. Brush top of each of phyllo sheet with melted butter. Crumple each phyllo sheet and place on top of chicken mixture in casserole (see photo).

3 Bake uncovered 20 to 30 minutes or until phyllo is golden brown.

HIGH ALTITUDE (3500-6500 FT): In step 1, use medium-high heat. Increase water to ¾ cup. Bake 35 to 45 minutes.

PER SERVING: Calories 490; Total Fat 21g; Sodium 930mg; Dietary Fiber 4g

EXCHANGES: 1½ Starch, 1 Other Carbohydrate, 1 Vegetable, 3½ Very Lean Meat, 3½ Fat

CARBOHYDRATE CHOICES: 3



To keep phyllo dough from drying out, dampen paper towels with water, and keep the sheets of dough covered with dampened paper towels until needed.

Pork Picadillo Pie

PREP TIME: 30 MINUTES START TO FINISH: 1 HOUR 15 MINUTES 6 SERVINGS

- 1 box (15 oz) Pillsbury® refrigerated pie crusts, softened as directed on box
- 1 lb boneless pork loin, cut into ½-inch cubes
- ½ cup chopped onion (1 medium)
- 1 can (14.5 oz) diced tomatoes, undrained
- 1 box (9 oz) Green Giant® Niblets® frozen whole kernel corn
- 1 can (4.5 oz) Old El Paso® chopped green chiles
- ½ cup chili sauce
- ¼ cup sliced pimiento-stuffed green olives
- ¼ cup raisins
- ½ teaspoon ground cumin
- ¼ teaspoon salt
- 2 teaspoons milk
- 1 tablespoon cornmeal

1 Heat oven to 425°F. Make pie crusts as directed on box for Two-Crust Pie using 9½- or 10-inch deep-dish glass pie plate.

2 Spray 12-inch skillet with cooking spray; heat over medium-high heat until hot. Add pork and onion; cook 3 to 5 minutes, stirring occasionally, until pork is no longer pink.

3 Add tomatoes, corn, green chiles, chili sauce, olives, raisins, cumin and salt. Heat to boiling. Reduce heat to medium; simmer 5 minutes, stirring occasionally, until slightly thickened. Remove from heat; cool 5 minutes.

4 Spoon mixture into crust-lined pie plate. Cut 4 wide slits or small designs in second crust; place crust over pork mixture. Seal edge and flute edge. Brush crust with milk; sprinkle with cornmeal.

5 Bake 25 to 35 minutes or until deep golden brown. Cover crust edge with 2- to 3-inch-wide strips of foil after 10 to 15 minutes of baking to prevent excessive browning. Let pie stand 5 to 10 minutes before serving.

HIGH ALTITUDE (3500-6500 FT): In step 3, add 1 tablespoon all-purpose flour with the other ingredients.

PER SERVING: Calories 550; Total Fat 26g; Sodium 1240mg; Dietary Fiber 4g

EXCHANGES: 2½ Starch, 1 Other Carbohydrate, 1 Vegetable, 1½ Lean Meat, 4 Fat

CARBOHYDRATE CHOICES: 4

An ancient spice, cumin is the tiny dried fruit of a plant in the parsley family. Also called comino, cumin is very aromatic and has a pungent nutty flavor.

To decorate the top crust of this savory pie, use small cookie or canapé cutters to cut little shapes in the crust. Brush the cutouts with a little water or milk, and press them lightly but securely to the top crust.



**TIP**

Delight your dinner guests by serving these individual packets on a bed of wild rice pilaf.

Chicken Phyllo Bundles

PREP TIME: 30 MINUTES START TO FINISH: 55 MINUTES 8 SERVINGS

- 1/2 cup julienne (match-stick-cut) carrots
- 2 cups cut-up cooked chicken
- 1/2 cup shredded Swiss cheese (2 oz)
- 4 medium green onions, thinly sliced (1/4 cup)
- 1 box (9 oz) Green Giant® frozen asparagus cuts, thawed, drained
- 1 package (6.5 oz) garlic-and-herbs spreadable cheese, softened
- 1 box (16 oz; 40 sheets) frozen phyllo (filo) pastry sheets (14x9 inch), thawed
- Butter-flavored cooking spray

1 Heat oven to 375°F. In small microwavable bowl, place carrots. Cover; microwave on High about 1 minute or until tender. Meanwhile, in medium bowl, gently mix chicken, Swiss cheese, onions, asparagus and spreadable cheese. Stir in carrots.

2 To make 1 bundle, layer 5 phyllo pastry sheets, generously spraying each layer with cooking spray (sheets can be stacked randomly). Keep remaining pastry sheets covered with damp cloth until needed to prevent dough from drying out. Place about 1/2 cup chicken mixture in center of stack of pastry. With both hands, lift pastry stack towards center and twist in center to make bundle (pastry may tear a little). Spray outside of each bundle generously with cooking spray; place on ungreased large cookie sheet. Repeat to make 7 more bundles.

3 Bake 20 to 25 minutes or until pastry is browned and crisp.

HIGH ALTITUDE (3500-6500 FT): Bake 22 to 27 minutes.

PER SERVING: Calories 350; Total Fat 14g; Sodium 310mg; Dietary Fiber 2g

EXCHANGES: 2 1/2 Starch, 1 1/2 Lean Meat, 1 1/2 Fat
CARBOHYDRATE CHOICES: 2 1/2



If you can't find 14 x 9-inch phyllo (filo) pastry sheets, *cut larger sheets to this smaller size.*

Seafood and Asparagus Manicotti

PREP TIME: 30 MINUTES START TO FINISH: 1 HOUR 10 MINUTES 6 SERVINGS (2 MANICOTTI EACH)

- 12 uncooked manicotti pasta shells (from 8-oz package)
- 1 jar (26 oz) tomato pasta sauce
- ¼ cup dry white wine or nonalcoholic white wine
- ¾ cup half-and-half
- 1 package (6 oz) frozen cooked salad shrimp, thawed
- 6 oz refrigerated imitation crabmeat sticks (from 12-oz package), cut into ¼-inch pieces
- 1 box (9 oz) Green Giant® frozen asparagus cuts, thawed, coarsely chopped
- ½ cup chopped sun-dried tomatoes in oil, drained
- ⅓ cup cream cheese, softened
- 2 cups shredded mozzarella cheese (8 oz)
- ¼ cup lightly packed cut-up strips fresh basil leaves

1 Heat oven to 350°F. Cook and drain pasta as directed on package.

2 Meanwhile, in 2-quart saucepan, heat tomato sauce and wine to boiling over medium heat. Reduce heat to low; simmer 4 minutes. Remove from heat; stir in half-and-half. In ungreased 13x9-inch (3-quart) glass baking dish, spread 1 cup of the tomato sauce.

3 In medium bowl, mix shrimp, imitation crabmeat, asparagus, tomatoes, cream cheese and ½ cup of the mozzarella cheese. Spoon about ¼ cup seafood mixture into each pasta shell. Arrange in baking dish. Pour remaining tomato sauce evenly over shells.

4 Cover dish with foil. Bake 25 to 30 minutes or until hot. Top with remaining 1½ cups mozzarella cheese. Bake uncovered 5 to 10 minutes longer or until cheese is melted. Sprinkle with basil before serving.

HIGH ALTITUDE (3500-6500 FT): Heat oven to 375°F. Bake 10 to 15 minutes after adding cheese.

PER SERVING: Calories 550; Total Fat 23g; Sodium 1290mg; Dietary Fiber 4g

EXCHANGES: 2½ Starch, 1 Other Carbohydrate, 1 Vegetable, 2½ Very Lean Meat, 4 Fat

CARBOHYDRATE CHOICES: 4

To cut basil into strips, stack several basil leaves, roll them up tight, and slice across the vein with a sharp knife. Fluff with fingertips to separate.



TIP

This recipe can be assembled the night before and refrigerated. Increase first bake time to 35 minutes.

TIP

Slightly undercook the penne for perfect al dente pasta in the casserole.

- 5 cups uncooked penne pasta (16 oz)
- 1/2 cup butter or margarine
- 2 cloves garlic, finely chopped
- 1/2 cup all-purpose flour
- 1 teaspoon salt
- 4 1/2 cups milk
- 1 cup shredded provolone cheese (4 oz)
- 1 cup shredded mozzarella cheese (4 oz)
- 1/2 cup shredded Parmesan cheese (2 oz)
- 1/2 cup shredded fontina cheese (2 oz)
- 1/3 cup chopped fresh parsley
- 1 tablespoon butter or margarine
- 1 cup panko bread crumbs

Four-Cheese Pasta

PREP TIME: 25 MINUTES START TO FINISH: 50 MINUTES 6 SERVINGS (1 1/2 CUPS EACH)

1 Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. Cook and drain pasta as directed on package.

2 Meanwhile, in 4-quart saucepan or Dutch oven, melt 1/2 cup butter over low heat. Add garlic; cook 30 seconds, stirring frequently. With wire whisk, stir in flour and salt until smooth. Increase heat to medium; cook, stirring constantly, until mixture is smooth and bubbly. Gradually stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in cheeses. Cook until melted, stirring occasionally. Stir pasta and parsley into cheese sauce. Pour mixture into baking dish.

3 In 6-inch skillet, melt 1 tablespoon butter over medium-high heat; stir in bread crumbs. Cook and stir until crumbs are golden brown. Sprinkle over pasta mixture.

4 Bake uncovered 20 to 25 minutes or until bubbly.

HIGH ALTITUDE (3500-6500 FT): Heat oven to 375°F. Bake 25 to 30 minutes.

PER SERVING: Calories 850; Total Fat 39g; Sodium 1390mg; Dietary Fiber 4g

EXCHANGES: 5 Starch, 1 Other Carbohydrate, 3 High-Fat Meat, 2 Fat

CARBOHYDRATE CHOICES: 6

Panko bread crumbs are *Japanese-style* bread crumbs. They have a coarser texture and make for a much lighter and crunchier casserole. In a pinch, regular bread crumbs will also work.

4

SIDE-DISH CASSEROLES

*Satisfying sides to
round out your meal*

- 60 Butternut Squash Casserole ►
- 61 Swiss Vegetable Casserole
- 63 Cheesy-Topped Mashed Potato Casserole
- 64 Home-Style Roasted Vegetables
- 67 Slow Cooker Alfredo
Green Bean Casserole



Buttercup Squash Casserole

PREP TIME: 10 MINUTES START TO FINISH: 1 HOUR 25 MINUTES 4 SERVINGS (1/2 CUP EACH)

- 1 medium buttercup squash (about 2 1/2 lb)
- 2 tablespoons packed brown sugar
- 1/4 teaspoon salt
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 2 tablespoons butter or margarine
- 1 tablespoon chopped fresh chives
- 1/8 teaspoon ground nutmeg, if desired

1 Heat oven to 350°F. Cut squash into quarters; remove seeds. In ungreased shallow baking pan, place pieces, cut sides down. Bake 45 to 50 minutes or until tender. Cool slightly.

2 Spray 1-quart casserole with cooking spray. Scoop squash pulp from skin; place in medium bowl. Discard skin. Add brown sugar, salt, cinnamon, 1/4 teaspoon nutmeg and butter to squash. Mix with potato masher or fork until well blended. Spoon into casserole. Sprinkle with chives and 1/8 teaspoon nutmeg.

3 Bake 20 to 25 minutes or until hot.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING: Calories 170; Total Fat 7g; Sodium 190mg; Dietary Fiber 6g

EXCHANGES: 1 Starch, 1/2 Other Carbohydrate, 1 1/2 Fat
CARBOHYDRATE CHOICES: 1 1/2

Store fresh chives in a glass of water in the refrigerator *up to a week*. Fresh chives can be snipped with scissors to the desired length.

TIP

Buttercup squash is a variety of turban squash. It has orange flesh and a flavor similar to sweet potatoes.

Swiss Vegetable Casserole

PREP TIME: 20 MINUTES START TO FINISH: 50 MINUTES 8 SERVINGS (1/2 CUP EACH)

- 2 tablespoons butter or margarine
- 6 green onions, cut into 1/2-inch pieces (1/2 cup)
- 2 tablespoons all-purpose flour
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 1/2 cups milk
- 1 cup shredded Swiss cheese (4 oz)
- 1 bag (1 lb) frozen broccoli, carrots & cauliflower, cooked, drained
- 1/4 cup crushed round buttery crackers

1 Heat oven to 350°F. Spray 1- to 1 1/2-quart casserole with cooking spray. In 2-quart saucepan, melt butter over medium heat. Add onions; cook and stir 2 to 3 minutes or until tender.

2 Stir in flour, salt and pepper. Gradually add milk, stirring constantly. Cook and stir until mixture is bubbly and thickened. Remove from heat.

3 Add 3/4 cup of the cheese; stir until melted. Stir in cooked vegetables. Spoon mixture into casserole. Sprinkle with crushed crackers and remaining 1/4 cup cheese.

4 Bake 25 to 30 minutes or until topping is golden brown and casserole is bubbly.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING: Calories 140; Total Fat 9g; Sodium 170mg; Dietary Fiber 2g

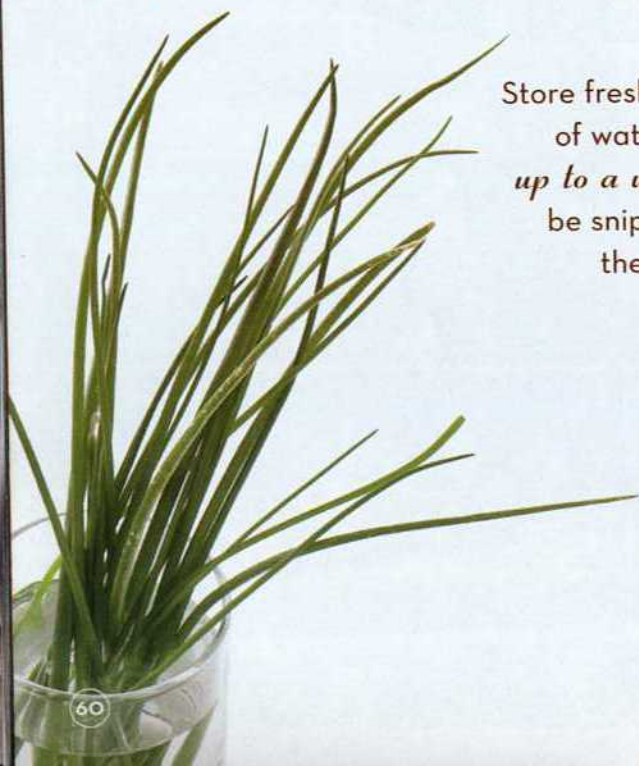
EXCHANGES: 1/2 Other Carbohydrate, 1 Vegetable, 1/2 High-Fat Meat, 1 Fat

CARBOHYDRATE CHOICES: 1/2

To make ahead, prepare this casserole as directed, reserving the crushed crackers. Cover and refrigerate up to one day. Then, sprinkle the casserole with the crackers and bake it for 30 to 40 minutes.

TIP

To lower the fat in this casserole by about 2 grams per serving, use skim milk and reduced-fat Swiss cheese.



Cheesy-Topped Mashed Potato Casserole

PREP TIME: 15 MINUTES START TO FINISH: 30 MINUTES 4 SERVINGS (1/2 CUP EACH)

- 1 cup hot water
- 1/4 cup milk
- 2 tablespoons butter or margarine
- 1 1/3 cups plain mashed potato mix (dry)
- 1 tablespoon chopped fresh chives, if desired
- 1/2 cup bite-size cheese crackers
- 1/4 cup shredded Cheddar cheese (1 oz)
- 2 tablespoons butter or margarine, melted

1 Heat oven to 375°F. In ungreased 1-quart casserole, mix hot water, milk, 2 tablespoons butter and the mashed potato mix. Cover with plastic wrap, turning back one side to vent steam. Microwave on High 2 to 4 minutes or until moistened.

2 Whip potatoes with fork until fluffy; stir in chives. Smooth top of potato mixture with rubber spatula.

3 Crush crackers. In small bowl, mix crushed crackers, cheese and 2 tablespoons melted butter; sprinkle over top of potatoes.

4 Bake 10 to 15 minutes or until potatoes are hot and topping is crisp.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING: Calories 260; Total Fat 16g; Sodium 230mg; Dietary Fiber 1g

EXCHANGES: 1 1/2 Starch, 3 Fat
CARBOHYDRATE CHOICES: 1 1/2

Serve these potatoes with *sliced ham*, and greens tossed with *mandarin oranges and vinaigrette dressing*.

TIP

To crush crackers, place in food-storage plastic bag; crush with rolling pin.

Home-Style Roasted Vegetables

PREP TIME: 15 MINUTES START TO FINISH: 50 MINUTES 8 SERVINGS (1 CUP EACH)

- 2 tablespoons olive or vegetable oil
- 2 teaspoons dried thyme leaves
- 1½ teaspoons seasoned salt
- ¼ teaspoon pepper
- 4 medium unpeeled russet potatoes, cut into 1½-inch chunks
- 1 medium red bell pepper, cut into 1-inch square pieces
- 2 cups ready-to-eat baby-cut carrots
- 4 parsnips, peeled, cut into ½-inch slices (1 to 1½ cups)
- 1 onion, cut into ¾-inch wedges

1 Heat oven to 450°F. In large bowl, mix oil, thyme, seasoned salt and pepper. Add remaining ingredients; toss to coat. Spread in ungreased 15x10x1-inch pan.

2 Roast 25 minutes; turn and stir vegetables. Roast 25 to 30 minutes longer or until vegetables are tender (carrots will be crisp-tender).

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING: Calories 140; Total Fat 3.5g; Sodium 290mg; Dietary Fiber 4g

EXCHANGES: ½ Starch, ½ Other Carbohydrate, 1½ Vegetable, ½ Fat

CARBOHYDRATE CHOICES: 1½

Fresh parsnips are *available year-round*, with the peak period in fall and winter. Look for small to medium, well-shaped roots; avoid limp, shriveled or spotted parsnips. Refrigerate parsnips in a food-storage plastic bag *up to 2 weeks*.

FLAVOR TWIST

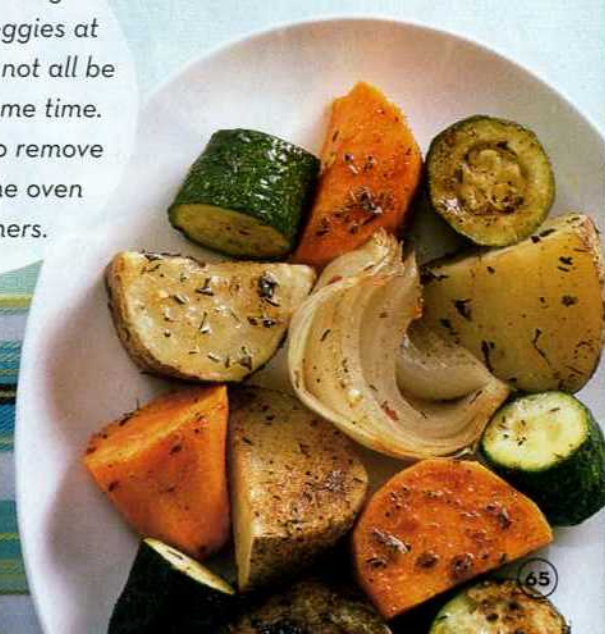
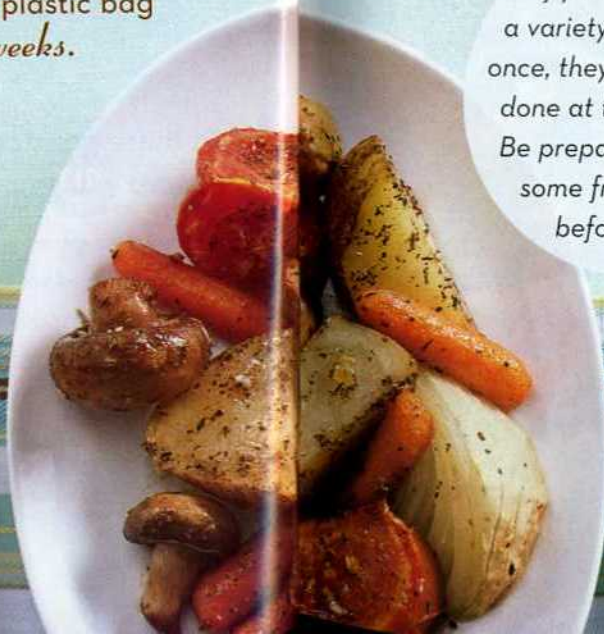
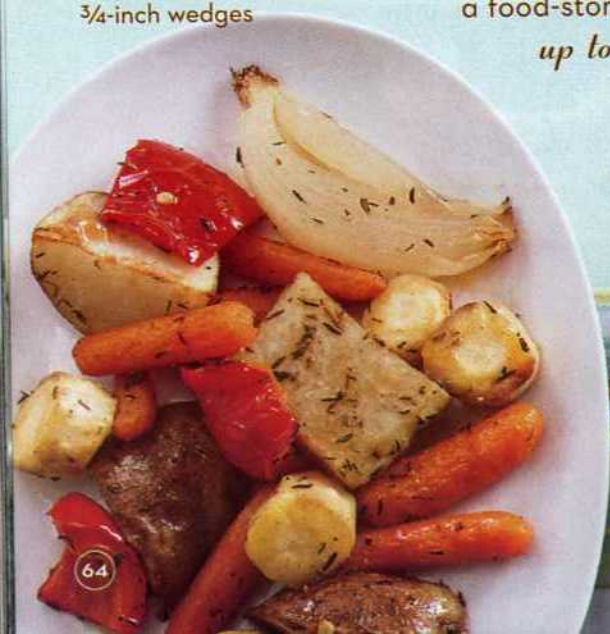
Roasting is one of the simplest ways to prepare veggies. Just mix with a little olive oil and toss in a pan. Using high heat draws out the natural sugars in the vegetables, softening and mellowing them to perfect tenderness. Another bonus—you can change their flavor almost as quickly as you change your mind.

Italian Roasted Vegetables: Substitute 2 teaspoons of Italian seasoning and 5 cloves of garlic, chopped, for the thyme leaves. Omit the red bell pepper and parsnips, and use 2 large tomatoes, each cut into 8 wedges, and 8 oz whole mushrooms.

Caribbean Jerk Roasted Vegetables: Substitute 1 to 2 teaspoons Caribbean jerk seasoning for the thyme leaves. Omit the red bell pepper, carrots and parsnips, and use 2 sweet potatoes, each cut into 8 pieces. Stir in 3 zucchini, each cut into 1-inch slices, after the first 15 minutes of roasting.

TIP

If you're roasting a variety of veggies at once, they may not all be done at the same time. Be prepared to remove some from the oven before others.



TIP

Look for jars of roasted red bell pepper near the pickles and olives.



Slow Cooker Alfredo Green Bean Casserole

PREP TIME: 10 MINUTES START TO FINISH: 3 HOURS 10 MINUTES 10 SERVINGS (1/2 CUP EACH)

- 2 bags (1 lb each) Green Giant® frozen cut green beans
- 1 can (8 oz) sliced water chestnuts, drained
- 1/2 cup roasted red bell peppers (from 7-oz jar), cut into small strips
- 1/4 teaspoon salt
- 1 container (10 oz) refrigerated Alfredo pasta sauce
- 1 can (2.8 oz) French-fried onions

1 Spray inside of 3- to 4-quart slow cooker with cooking spray. In large bowl, mix all ingredients except onions. Stir in half of the onions; spoon mixture into slow cooker.

2 Cover; cook on Low heat setting 3 to 4 hours, stirring after 1 to 1 1/2 hours.

3 About 5 minutes before serving, in 6-inch skillet, heat remaining half of onions over medium-high heat 2 to 3 minutes, stirring frequently, until hot. Stir bean mixture; sprinkle with onions.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING: Calories 190; Total Fat 13g; Sodium 240mg; Dietary Fiber 3g

EXCHANGES: 1/2 Other Carbohydrate, 1/2 Vegetable, 2 1/2 Fat
CARBOHYDRATE CHOICES: 1

Either jarred Alfredo sauce, or sauce prepared from a dry mix can be used.

Whichever sauce you choose, measure 1 1/4 cups.

5

SLOW COOKER

*Hearty meals
worth the wait*

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Chipotle Pork Roast

PREP TIME: 25 MINUTES START TO FINISH: 6 HOURS 25 MINUTES 6 SERVINGS

- 2 tablespoons chili powder
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 2 teaspoons ground cumin
- 9 small unpeeled red potatoes, quartered
- 3 small sweet potatoes, peeled, quartered
- 1 medium onion, cut into $\frac{3}{4}$ -inch wedges (about $\frac{1}{2}$ cup)
- 1 boneless pork shoulder roast (2½ to 3 lb)
- 2 tablespoons olive or vegetable oil
- 1 can (8 oz) tomato sauce
- 1 can (14.5 oz) diced tomatoes, undrained
- 1 canned chipotle chile in adobo sauce, finely chopped (about $\frac{1}{2}$ tablespoon)
- 2 tablespoons water
- 2 tablespoons cornstarch

1 Spray 5- to 6-quart slow cooker with cooking spray. In large bowl, mix chili powder, salt, garlic powder and cumin. Add potatoes, sweet potatoes and onion to bowl; stir to coat. Place vegetables in slow cooker.

2 Remove netting from pork. Rub oil over pork; roll in spices in bowl to cover. Place pork over vegetables. Pour tomato sauce, tomatoes and chopped chile over pork and vegetables.

3 Cover; cook on Low heat setting 6 to 8 hours.

4 Remove pork and vegetables from cooker; cover to keep warm. Pour sauce from cooker into 3-quart saucepan. In small bowl, mix water and cornstarch; stir into sauce. Cook over high heat 5 to 10 minutes, stirring frequently, until thickened. Serve sauce with pork and vegetables.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING: Calories 580; Total Fat 28g; Sodium 810mg; Dietary Fiber 6g

EXCHANGES: 2 Starch, 1 Vegetable, 5 Lean Meat, 2½ Fat
CARBOHYDRATE CHOICES: 2½



TIP

Make sure the potatoes are mostly covered with the liquid to prevent browning.

Easy Slow Cooker Stew

PREP TIME: 10 MINUTES START TO FINISH: 6 HOURS 10 MINUTES 8 SERVINGS (1½ CUPS EACH)

- 3 lb beef stew meat
- 3 large onions, cut into eighths
- 1 can (14.5 oz) diced tomatoes, undrained
- 2 cups water
- 1 tablespoon beef bouillon granules
- 1 tablespoon packed brown sugar
- 2 teaspoons salt
- 1 teaspoon pepper
- 2 dried bay leaves
- 1 bag (1 lb) ready-to-eat baby-cut carrots
- 1 bag (1 lb) Green Giant® frozen cut green beans

1 In 4- to 5-quart slow cooker, mix all ingredients except green beans.

2 Cover; cook on High heat setting 6 to 7 hours, stirring occasionally, adding green beans during last hour of cook time. Before serving, remove and discard bay leaves.

HIGH ALTITUDE (3500-6500 FT): Thaw green beans before adding to slow cooker.

PER SERVING: Calories 400; Total Fat 21g; Sodium 1110mg; Dietary Fiber 4g

EXCHANGES: ½ Other Carbohydrate, 2 Vegetable, 4 Medium-Fat Meat
CARBOHYDRATE CHOICES: 1

This stew can be also be prepared in a *Dutch oven*. Mix all ingredients except carrots and green beans. Cover; bake at 300°F 6 to 7 hours, stirring occasionally, adding carrots and green beans during last hour of bake time. Remove bay leaves before serving.

TIP

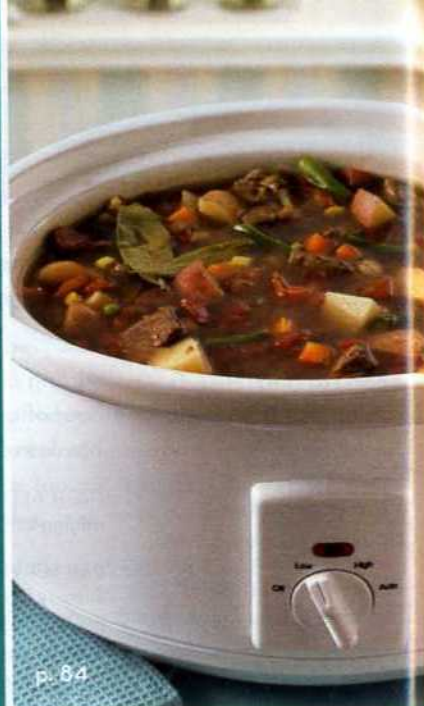
Feel free to substitute frozen peas for the green beans--either veggie will work well.



Feel free to use whatever kind of potatoes you have on hand—just make sure they are cut to the same size to ensure doneness.

Successful Slow Cooking

Not so fast! Put your slow cooker to work to make delicious, easy-prep entrées.



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Slow Cooker Tips

- Make sure to fill the slow cooker at least half way for best cooking results.
- When using root vegetables such as carrots, cut into small pieces and place them on the bottom of the slow cooker: add meat, seasonings and other vegetables and liquid on top of the root vegetables.
- Cook pasta and rice by traditional methods and add to the slow cooker near the end of the cook time. Otherwise, they may become gummy and fall apart.
- Add dairy products near the end of the cook time so they do not curdle.
- For easy cleanup, coat the inside of the slow cooker with cooking spray before adding food.
- Try spinning the glass lid, rather than removing it, during cooking to have vapors fall off and give you a clearer view inside the slow cooker. Removing the lid releases heat and increases cooking time by about 20 minutes. Stirring is not necessary.
- It's not necessary to brown meat before slow cooking, except for ground beef.
- Cooked food can be held up to an hour on the Low setting without overcooking.

Streamlined Preparation

For quick assembly in the morning, prep slow cooker recipe ingredients the night before:

- Cut up vegetables such as carrots and onions and refrigerate them overnight in a covered container or sealed food-storage plastic bag.
- Mix herbs and spices in a plastic bag or small bowl.
- Measure out broth and juices; cover and refrigerate.

Tasty Toppers

Flavors meld together deliciously in the slow cooker, but the colors of the ingredients can fade with the long cooking. Dress up each serving or platter of food with a colorful garnish such as:

- Chopped green onions, parsley, chives or fresh herbs
- Diced red, yellow or green bell peppers or tomatoes
- Shredded cheese
- A dollop of sour cream or plain yogurt
- A sprinkle of paprika or chili powder
- Crushed tortilla or corn chips

Chicken and Roasted Vegetables Dinner

PREP TIME: 10 MINUTES START TO FINISH: 8 HOURS 25 MINUTES 6 SERVINGS (1½ CUPS EACH)

- 1 lb unpeeled small potatoes (6 to 8), cut into 1-inch pieces (3 cups)
- 2 cups ready-to-eat baby-cut carrots
- 1 cup frozen small whole onions (from 1-lb bag), thawed
- 6 boneless skinless chicken thighs (1¼ lb)
- ½ teaspoon salt
- ⅓ teaspoon pepper
- 1 jar (12 oz) chicken gravy
- 1½ cups Green Giant® frozen sweet peas, thawed

1 Spray 3- to 4-quart slow cooker with cooking spray. Place vegetables, except peas, in slow cooker. Sprinkle chicken thighs with salt and pepper; place over vegetables in slow cooker. Pour gravy over top.

2 Cover; cook on Low heat setting 8 to 10 hours.

3 Stir in peas. Increase heat setting to High. Cover; cook 15 minutes longer or until peas are tender.

HIGH ALTITUDE (3500-6500 FT): Cut potatoes into ½-inch pieces. Cut carrots in half lengthwise.

PER SERVING: Calories 310; Total Fat 11g; Sodium 630mg; Dietary Fiber 4g

EXCHANGES: 1 Starch, ½ Other Carbohydrate, 1½ Vegetable, 2½ Lean Meat, ½ Fat

CARBOHYDRATE CHOICES: 2

Place the peas *in the refrigerator* to thaw when you start the slow cooker in the morning. They'll be ready to add at the end of the cook time.

TIP

Chicken thighs make an economical choice for the slow cooker. They stay moist and tender during the long cooking process.

Italian Sausage Lasagna

PREP TIME: 25 MINUTES START TO FINISH: 6 HOURS 25 MINUTES 6 SERVINGS

- ¾ lb bulk Italian pork sausage
- ½ cup chopped onion
- 2 cans (15 oz each) Italian-style tomato sauce
- 2 teaspoons dried basil leaves
- ½ teaspoon salt
- 1 container (15 oz) part-skim ricotta cheese
- 1 cup grated Parmesan cheese
- 3 cups shredded mozzarella cheese (12 oz)
- 12 uncooked lasagna noodles

1 In 10-inch skillet, cook sausage and onion over medium heat 6 to 8 minutes, stirring occasionally, until sausage is no longer pink; drain. Stir in tomato sauce, basil and salt.

2 In medium bowl, mix ricotta cheese, Parmesan cheese and 2 cups of the mozzarella cheese.

3 Into 3½- to 5-quart slow cooker, spoon ¼ of the sausage mixture. Top with 4 noodles, broken into pieces to fit. Top with half of the cheese mixture and ¼ of the sausage mixture. Top with 4 noodles, remaining cheese mixture and ¼ of the sausage mixture. Top with remaining 4 noodles and remaining sausage mixture.

4 Cover; cook on Low heat setting 6 to 8 hours.

5 About 10 minutes before serving, sprinkle top of lasagna with remaining 1 cup mozzarella cheese. Cover; let stand about 10 minutes or until cheese is melted. Cut lasagna into pieces.

HIGH ALTITUDE (3500-6500 FT): Cook 5 to 7 hours.

PER SERVING: Calories 660; Total Fat 31g; Sodium 1780mg; Dietary Fiber 4g

EXCHANGES: 2 Starch, 1 Other Carbohydrate, 1 Vegetable, 5 Medium-Fat Meat, 1 Fat

CARBOHYDRATE CHOICES: 3½

Love your lasagna thick and meaty? For thick pieces of lasagna, use a 3½-quart slow cooker. A larger slow cooker will also work, but your lasagna pieces will be a bit thinner.



Caesar salad and Italian bread make nice accompaniments to this delicious lasagna.

Home-Style Pork Stew

PREP TIME: 15 MINUTES START TO FINISH: 7 HOURS 35 MINUTES 6 SERVINGS (1 1/3 CUPS EACH)

- 1 tablespoon vegetable oil
- 1 1/2 lb boneless pork shoulder roast, cut into 1 1/2-inch pieces
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 8 small unpeeled red potatoes, quartered (4 cups)
- 2 cups ready-to-eat baby-cut carrots, cut in half lengthwise
- 1 jar (12 oz) pork gravy
- 2 tablespoons ketchup
- 1/2 teaspoon dried rosemary leaves
- 1/4 teaspoon pepper
- 1/8 teaspoon ground sage
- 1 1/2 cups Green Giant® frozen cut green beans, thawed

1 In 10-inch skillet, heat oil over high heat until hot. Add pork; sprinkle with salt and 1/8 teaspoon pepper. Cook 3 to 5 minutes, stirring frequently, until browned.

2 In 3 1/2- to 4-quart slow cooker, mix pork and remaining ingredients except green beans.

3 Cover; cook on Low heat setting 7 to 8 hours.

4 About 20 minutes before serving, stir thawed green beans into stew. Increase heat setting to High. Cover; cook 15 to 20 minutes longer or until green beans are tender.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING: Calories 380; Total Fat 17g; Sodium 500mg; Dietary Fiber 4g

EXCHANGES: 1 Starch, 1/2 Other Carbohydrate, 1 Vegetable, 3 1/2 Lean Meat, 1 Fat

CARBOHYDRATE CHOICES: 2

In a rush? Skip the pork-browning step. The recipe may have a bit less flavor and color, but saving prep and cleanup time on busy weeknights is *worth it*.

TIP

Add the beans at the end of the cook time so they remain firm and green and don't overcook.

Pulled Pork with Root Beer Sauce

PREP TIME: 35 MINUTES START TO FINISH: 7 HOURS 15 MINUTES 12 SERVINGS

- 1 tablespoon olive or vegetable oil
- 1 boneless pork loin roast (3 lb)
- 2 teaspoons salt
- 1/2 teaspoon pepper
- 1 medium onion, chopped (1/2 cup)
- 2 cans (12 oz each) root beer (3 cups)
- 1 bottle (12 oz) chili sauce
- 1/2 teaspoon salt
- 12 sandwich buns

1 In 10-inch skillet, heat oil over high heat. Cook pork roast in oil 6 to 10 minutes or until brown on all sides.

2 In 3- to 4-quart slow cooker, place pork roast, 2 teaspoon salt, the pepper, onion and 1 cup of the root beer. Cover; cook on Low heat setting 7 to 8 hours.

3 About 30 minutes before serving, in 4-quart saucepan or Dutch oven, heat remaining 2 cups root beer, the chili sauce and 1/2 teaspoon salt to boiling over medium-high heat. Reduce heat to medium. Cook 8 to 10 minutes, stirring occasionally, until mixture is glossy and reduced to 2 1/2 to 3 cups.

4 Remove pork from slow cooker, discarding cooking liquid. Shred pork, using 2 forks to pull pork apart. Stir in chili sauce mixture. To serve, spoon about 1/2 cup pork mixture in each bun.

HIGH ALTITUDE (3500-6500 FT): In step 3, reduce heat to medium-low, and cook 15 to 20 minutes.

PER SERVING: Calories 370; Total Fat 12g; Sodium 1130mg; Dietary Fiber 3g

EXCHANGES: 1 1/2 Starch, 1 Other Carbohydrate, 3 1/2 Lean Meat
CARBOHYDRATE CHOICES: 2

Do not use *diet root beer* for this recipe.

TIP

For more root beer flavor, stir 1/4 teaspoon root beer concentrate into chili sauce mixture.





Layered Enchilada Dinner

PREP TIME: 30 MINUTES START TO FINISH: 5 HOURS 6 SERVINGS

- 1 lb lean (at least 80%) ground beef
- 1 small onion, chopped (about $\frac{1}{3}$ cup)
- 1 clove garlic, finely chopped
- 1 can (10 $\frac{3}{4}$ oz) condensed cream of mushroom soup
- 1 can (4.5 oz) Old El Paso® chopped green chiles
- 1 can (10 oz) Old El Paso® enchilada sauce
- 10 corn tortillas (6 inch)
- 3 cups shredded Monterey Jack cheese (12 oz)
- Paprika
- Chopped fresh cilantro

1 In 10-inch skillet, cook ground beef, onion and garlic over medium-high heat, stirring frequently, until beef is thoroughly cooked; drain. Stir in soup and chiles.

2 Spray 3 $\frac{1}{2}$ - to 4-quart slow cooker with cooking spray. Spread about $\frac{1}{4}$ cup of the enchilada sauce in bottom of slow cooker. Place 4 corn tortillas over sauce, overlapping and breaking in half as necessary to make an even layer. Top with $\frac{1}{3}$ of beef mixture, spreading evenly. Drizzle with about $\frac{1}{4}$ cup enchilada sauce. Sprinkle with 1 cup of the cheese.

3 Repeat layering twice, using 3 corn tortillas and half of remaining beef mixture, enchilada sauce and cheese in each layer. Sprinkle paprika over top.

4 Cover; cook on Low heat setting 4 hours 30 minutes to 5 hours 30 minutes.

5 Let stand about 5 minutes before serving. Sprinkle individual servings with cilantro.

HIGH ALTITUDE (3500-6500 FT): Use 1 can (19 oz) Old El Paso® enchilada sauce.

PER SERVING: Calories 500; Total Fat 31g; Sodium 1240mg; Dietary Fiber 3g

EXCHANGES: 2 Starch, 3 $\frac{1}{2}$ High-Fat Meat
CARBOHYDRATE CHOICES: 2

While the enchiladas finish cooking,
bake up a *batch of cornbread*.

For a salad, toss together leaf lettuce, diced avocado,
mandarin orange slices and your *favorite dressing*.



Instead of cream of mushroom soup, try cream of broccoli or cream of celery soup.

Vegetable Beef Soup

PREP TIME: 10 MINUTES START TO FINISH: 7 HOURS 40 MINUTES 6 SERVINGS (1½ CUPS EACH)

- 1 lb beef stew meat, cut into bite-size pieces if needed
- ½ lb small red potatoes, each cut into 8 pieces (about 1½ cups)
- 1 medium onion, chopped (½ cup)
- 4 cloves garlic, finely chopped
- 1 teaspoon seasoned salt
- ½ teaspoon pepper
- 2 bay leaves
- 2 cans (14 oz each) beef broth
- 1 can (14 oz) diced tomatoes, undrained
- 1 can (15 to 16 oz) great northern beans, drained, rinsed
- 2 cups Green Giant® frozen mixed vegetables, thawed

1 In 3- to 4-quart slow cooker, mix all ingredients except frozen vegetables.

2 Cover; cook on Low heat setting 7 to 8 hours.

3 Add mixed vegetables. Increase heat setting to High. Cover; cook 20 to 30 minutes longer or until vegetables are crisp-tender. Remove bay leaves before serving.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING: Calories 330; Total Fat 10g; Sodium 950mg; Dietary Fiber 8g

EXCHANGES: 1½ Starch, ½ Other Carbohydrate, 1 Vegetable, 2½ Lean Meat, ½ Fat

CARBOHYDRATE CHOICES: 2

Let the frozen veggies *thaw in the refrigerator* while the soup is cooking in the slow cooker.

TIP

Serve with Pillsbury® Golden Layers® refrigerated buttermilk or original flaky biscuits.



Chicken Tortilla Soup

PREP TIME: 10 MINUTES START TO FINISH: 5 HOURS 10 MINUTES 6 SERVINGS (1½ CUPS EACH)

- 6 boneless skinless chicken thighs (1¼ lb)
- 1 medium onion, chopped (½ cup)
- 3 (6-inch) corn tortillas, cut into 1-inch pieces
- 1½ cups Green Giant® Niblets® frozen whole kernel corn, thawed
- 1 can (15 oz) chick peas or garbanzo beans, drained, rinsed
- 1 can (4.5 oz) Old El Paso® chopped green chiles
- ¾ cup salsa verde
- 2 cans (14 oz each) chicken broth
- 1 teaspoon dried oregano leaves
- 1 teaspoon ground cumin
- ½ teaspoon ground red pepper (cayenne)
- 2 tomatoes, seeded, chopped
- Chopped fresh cilantro, if desired

1 In 3- to 4-quart slow cooker, mix all ingredients except tomatoes and cilantro.

2 Cover; cook on Low heat setting 5 to 7 hours or until juice of chicken is clear when center of thickest part is cut (180°F). Stir to break up chicken thighs. Stir in tomatoes before serving. Garnish with cilantro.

HIGH ALTITUDE (3500-6500 FT): No change.

PER SERVING: Calories 330; Total Fat 9g; Sodium 1160mg; Dietary Fiber 7g

EXCHANGES: 1½ Starch, ½ Other Carbohydrate, 1 Vegetable, 3 Lean Meat
CARBOHYDRATE CHOICES: 2½

Salsa verde is “green salsa,” which is made from tomatillos, green chiles and cilantro. It can be found in the *Mexican section* of supermarkets.

TIP

The tortilla pieces will dissolve during cooking, adding flavor and some thickening to the soup.

Chicken and Vegetable Tortellini Stew

PREP TIME: 35 MINUTES START TO FINISH: 8 HOURS 35 MINUTES 6 SERVINGS (1½ CUPS EACH)

- 2 medium carrots, sliced (about ¾ cup)
- 2 cloves garlic, finely chopped
- 1 lb boneless skinless chicken thighs, cut into ¾-inch pieces
- 1 medium bulb fennel, chopped
- 1 can (19 oz) Progresso® cannellini beans, drained, rinsed
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 can (14 oz) chicken broth
- 2 cups water
- 1 package (9 oz) refrigerated cheese-filled tortellini
- 1 cup firmly packed fresh baby spinach leaves
- 2 medium green onions, sliced (2 tablespoons)
- 1 teaspoon dried basil leaves
- 2 tablespoons shredded fresh Parmesan cheese

1 In 3½- to 4-quart slow cooker, layer carrots, garlic, chicken, fennel and beans. Sprinkle with salt and pepper. Pour broth and water over top. Stir to combine.

2 Cover; cook on Low heat setting 6 to 8 hours.

3 About 20 minutes before serving, stir tortellini, spinach, onions and basil into chicken mixture. Increase heat setting to High. Cover; cook 15 to 20 minutes or until tortellini are tender. Sprinkle individual servings with Parmesan cheese.

HIGH ALTITUDE (3500-6500 FT): In step 3, increase cook time on High to 20 to 25 minutes.

PER SERVING: Calories 380; Total Fat 10g; Sodium 740mg; Dietary Fiber 7g

EXCHANGES: 2 Starch, ½ Other Carbohydrate, 1 Vegetable, 3 Lean Meat

CARBOHYDRATE CHOICES: 3

To trim prep time, use washed baby spinach leaves. Select the small quantity needed for this stew from the grocery store salad bar.

TIP

Use one cup of sliced celery in place of the fennel.

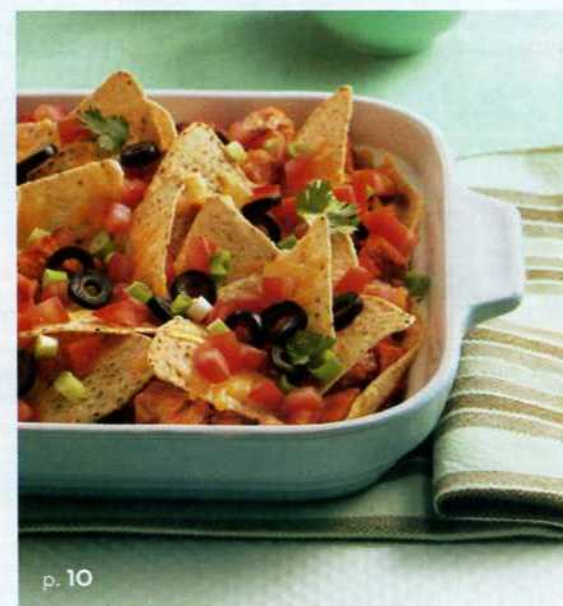


Nutrition Chart



RECIPE Per Serving	PAGE	CALORIES	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER	SUGAR	PROTEIN
Buffalo Chicken Casserole	6	380	16g	2.5g	0g	70mg	1910mg	29g	1g	7g	28g
Green Bean and Chicken Casserole	7	450	23g	11g	1g	125mg	1000mg	25g	2g	4g	37g
Chipotle Rice Casserole	9	580	20g	7g	0g	30mg	1280mg	76g	13g	14g	23g
Chicken Enchilada Lasagna	10	520	27g	12g	0.5g	130mg	1430mg	31g	3g	4g	39g
Italian Pot Roast	13	540	27g	9g	1g	100mg	870mg	39g	4g	12g	35g
California Cheeseburger Pie	14	600	41g	16g	1g	100mg	1330mg	35g	0g	7g	23g
Pesto-Chicken Manicotti	17	600	34g	18g	1g	120mg	610mg	35g	2g	2g	37g
Sausage and Pasta Bake	18	390	10g	3g	0g	20mg	1470mg	58g	8g	9g	18g
Pork Chop Bake	21	440	19g	8g	1g	90mg	770mg	37g	4g	5g	30g
Roasted Chicken and Vegetables	24	410	17g	3.5g	0g	120mg	820mg	22g	4g	9g	41g
Creamy Ham and Potato Casserole	25	280	11g	5g	0g	50mg	1300mg	26g	2g	5g	19g
Baja Pie	27	430	20g	9g	0g	75mg	1010mg	35g	10g	3g	27g
Italian Sausage-Mashed Potato Pie	28	360	17g	6g	0g	110mg	1010mg	36g	2g	7g	17g
Quesadilla Pie	31	440	19g	9g	1g	45mg	1180mg	47g	9g	4g	20g
Tex-Mex Meatball Pie	32	340	20g	9g	0g	60mg	640mg	29g	0g	3g	11g
Oven-Roasted Pork 'n Vegetables	35	370	12g	2.5g	0g	70mg	310mg	37g	6g	6g	29g
Lazy-Day Overnight Lasagna	36	380	19g	9g	0g	65mg	700mg	31g	2g	7g	22g
Creamy Tuna and Broccoli Casserole with Bagel Chips	39	420	8g	2g	0g	10mg	700mg	68g	6g	4g	20g
Patchwork Pot Pie	42	390	18g	7g	0g	60mg	760mg	40g	4g	4g	19g
Chicken-Stuffed Shells with Two Sauces	43	560	25g	13g	0.5g	150mg	1030mg	42g	3g	10g	39g
Fajita Enchiladas	45	540	29g	14g	2g	105mg	1290mg	33g	2g	5g	35g
Mini Chicken Pot Pies	46	470	23g	8g	0g	95mg	910mg	49g	4g	3g	17g
Mediterranean Chicken Bake	49	490	21g	10g	0g	80mg	930mg	45g	4g	14g	32g
Pork Picadillo Pie	50	550	26g	9g	0g	60mg	1240mg	59g	4g	10g	20g
Chicken Phyllo Bundles	53	350	14g	7g	0g	60mg	310mg	38g	2g	2g	19g
Seafood and Asparagus Manicotti	54	550	23g	11g	0g	95mg	1290mg	58g	4g	16g	29g
Four-Cheese Pasta	57	850	39g	23g	1g	100mg	1390mg	91g	4g	12g	35g
Buttercup Squash Casserole	60	170	7g	4g	0g	15mg	190mg	25g	6g	14g	2g
Swiss Vegetable Casserole	61	140	9g	5g	0g	25mg	170mg	9g	2g	4g	7g
Cheesy-Topped Mashed Potato Casserole	63	260	16g	10g	1g	40mg	230mg	23g	1g	1g	5g

RECIPE Per Serving	PAGE	CALORIES	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER	SUGAR	PROTEIN
Home-Style Roasted Vegetables	64	140	3.5g	0.5g	0g	0mg	290mg	25g	4g	5g	3g
Slow Cooker Alfredo Green Bean Casserole	67	190	13g	7g	1.5g	30mg	240mg	13g	3g	3g	4g
Chipotle Pork Roast	70	580	28g	9g	0g	120mg	810mg	39g	6g	8g	44g
Easy Slow Cooker Stew	71	400	21g	8g	1g	100mg	1110mg	19g	4g	9g	34g
Chicken and Roasted Vegetables Dinner	75	310	11g	3g	0g	60mg	630mg	28g	4g	6g	25g
Italian Sausage Lasagna	76	660	31g	16g	0.5g	90mg	1780mg	52g	4g	9g	43g
Home-Style Pork Stew	79	380	17g	6g	0g	75mg	500mg	28g	4g	5g	29g
Pulled Pork with Root Beer Sauce	80	370	12g	3.5g	0g	70mg	1130mg	34g	3g	14g	30g
Layered Enchilada Dinner	83	500	31g	15g	1g	100mg	1240mg	27g	3g	3g	30g
Vegetable Beef Soup	84	330	10g	3.5g	0g	45mg	950mg	35g	8g	5g	25g
Chicken Tortilla Soup	87	330	9g	2.5g	0g	45mg	1160mg	37g	7g	5g	26g
Chicken and Vegetable Tortellini Stew	88	380	10g	4g	0g	60mg	740mg	43g	7g	3g	30g



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EASY RECIPES

6 ingredients or less OR ready to cook in 20 minutes or less OR ready to eat in 30 minutes or less.

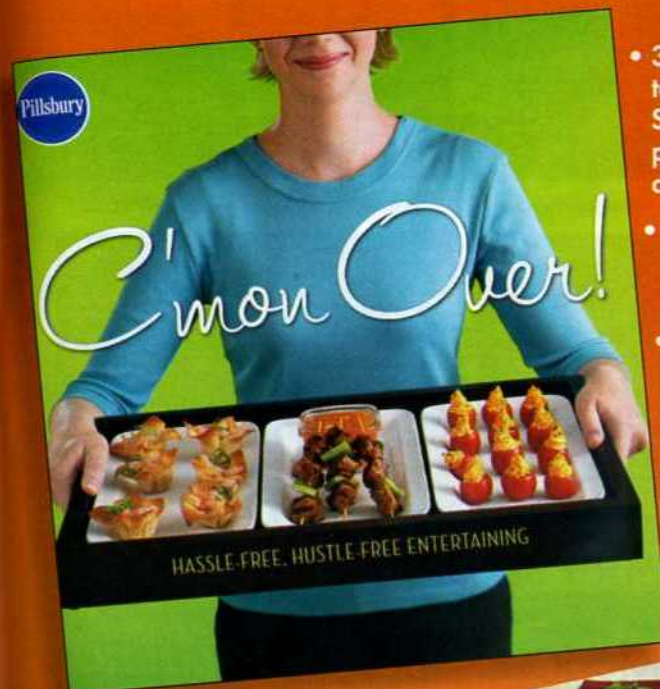
MAIN DISHES	page	easy	low fat
BEEF			
California Cheeseburger Pie	14		
Italian Pot Roast	13	*	
Layered Enchilada Dinner	83		
Tex-Mex Meatball Pie	32	*	
FISH AND SHELLFISH			
Creamy Tuna and Broccoli Casserole with Bagel Chips	39	*	*
Seafood and Asparagus Manicotti	54		
MEATLESS			
Chipotle Rice Casserole	9		
Four-Cheese Pasta	57		
Quesadilla Pie	31	*	
PORK			
Chipotle Pork Roast	70		
Creamy Ham and Potato Casserole	25	*	
Italian Sausage Lasagna	76		
Italian Sausage-Mashed Potato Pie	28	*	
Lazy-Day Overnight Lasagna	36	*	
Oven-Roasted Pork 'n Vegetables	35	*	
Pork Chop Bake	21	*	
Pork Picadillo Pie	50		
Sausage and Pasta Bake	18	*	*
POULTRY			
Baja Pie	27	*	
Buffalo Chicken Casserole	6		

LOW-FAT RECIPES

10 grams of fat or less (main dishes) or 3 grams of fat or less (all other dishes).

MAIN DISHES (CONT.)	page	easy	low fat
POULTRY			
Chicken and Roasted Vegetables Dinner	75	*	
Chicken Enchilada Lasagna	10		
Chicken Phyllo Bundles	53		
Chicken-Stuffed Shells with Two Sauces	43	*	
Fajita Enchiladas	45		
Green Bean and Chicken Casserole	7	*	
Mediterranean Chicken Bake	49	*	
Mini Chicken Pot Pies	46	*	
Patchwork Pot Pie	42	*	
Pesto Chicken Manicotti	17	*	
Roasted Chicken and Vegetables	24	*	
SANDWICHES AND FILLINGS			
Pulled Pork with Root Beer Sauce	80		
SOUPS, STEWS AND CHILIES			
Chicken and Vegetable Tortellini Stew	88		*
Chicken Tortilla Soup	87	*	*
Easy Slow Cooker Stew	71	*	
Home-Style Pork Stew	79	*	
Vegetable Beef Soup	84	*	*
VEGETABLES AND SIDE DISHES			
Buttercup Squash Casserole	60	*	
Cheesy-Topped Mashed Potato Casserole	63	*	
Home-Style Roasted Vegetables	64	*	
Slow Cooker Alfredo Green Bean Casserole	67	*	
Swiss Vegetable Casserole	61	*	

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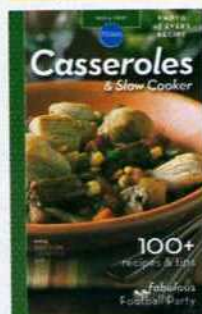
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